

JUNIOR TENNIS COACHING PROGRAMME

**(Youth Tennis 4 - 18yrs,
Adults Tennis 16+)**

**The Academy run a dynamic junior coaching programme,
delivering an exceptional tennis experience for every
player, guided by our core values, coaching philosophy,
and player-first principles.**

**We deliver a 38 week programme in line with the
state school term dates and have breaks in the
programme during the following holidays:**

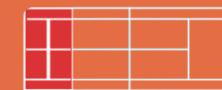
**1 week during February Half Term
2 weeks at Easter
1 week during May Half Term
6 weeks over the Summer Holidays
1 week at October Half Term
2 or 3 weeks over Christmas**



	Level 1	Level 2
Youth Blue Age 4 to 6	Thursday 4-5pm Saturday 9-10am	
Youth Red Age 6 to 8	Thursday 4-5pm Saturday 9-10am	
Youth Orange Age 8 to 9	Tuesday 4-5pm Thursday 5-6pm Saturday 9-10am	Monday 4-5pm
Youth Green Age 9 to 10	Wednesday 4-5pm Saturday 10-11am	Monday 4-5pm
Youth Yellow Age 12 to 14	Wednesday 5-6pm Friday 4-5pm Saturday 10-11am	Monday 5-6pm

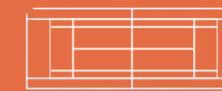
Monthly Direct Debit Cost:

1 Hour Outdoor Daytime
£27.59 per month
1 Hour Outdoor Floodlit
£30.49 per month



5% Multi Session Discount*

**For bookings please contact
our admin team
enquiries@academytennis.co.uk**



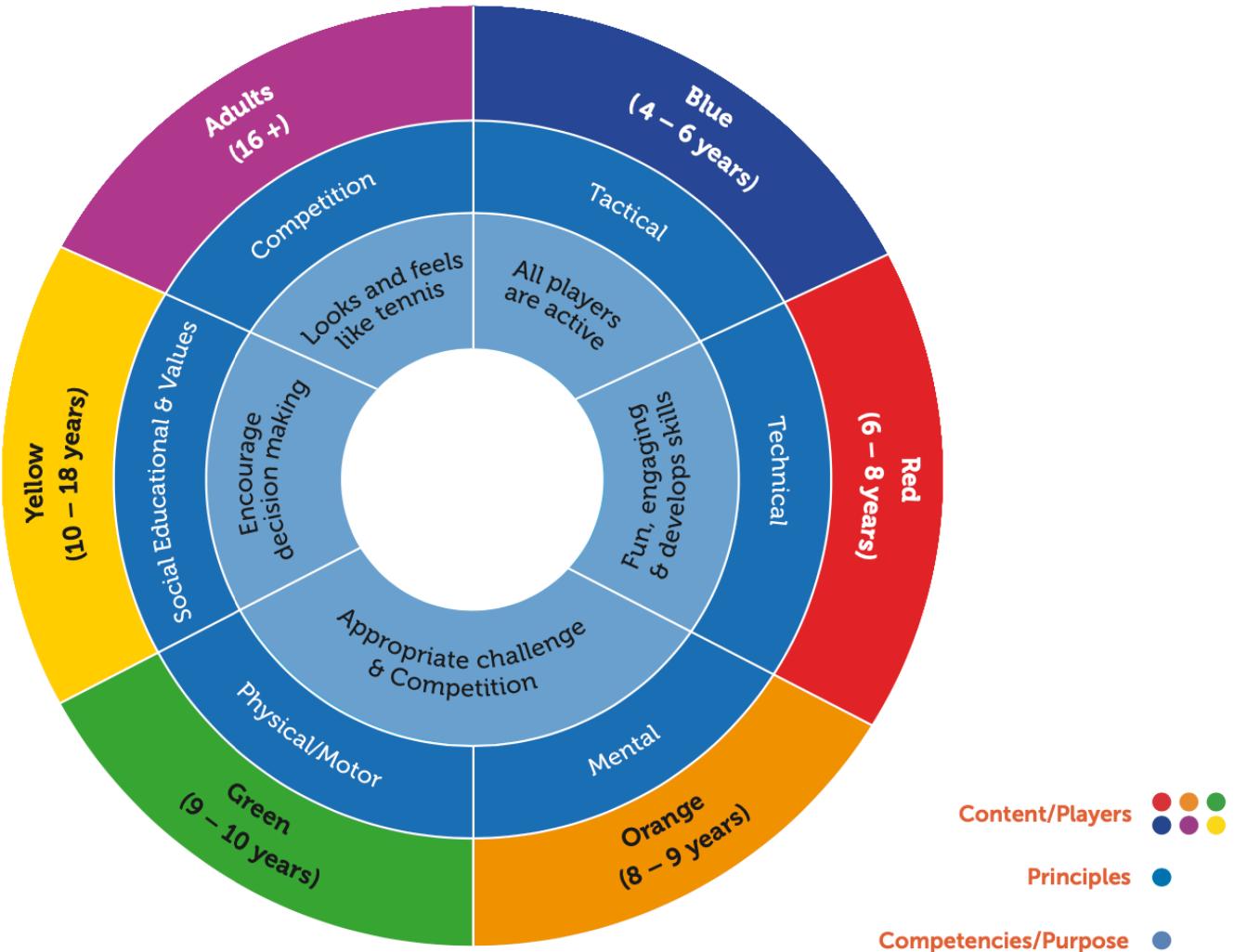
Academy Coaching Programme

Overview and Philosophy

- 1. Motor Skills
- 2. Skills for tennis
- 3. Tennis skills

Skill development over fixed movement –
prioritising the skills to play over stroke shapes

Variable skill acquisition –
Tennis is an open skill sport, we need to train
players that way



NOTES:

Multi Bookings Discounts

If an individual, or multiple members of the same family, take part in 3 or more hours of coaching on our core GROUP COACHING PROGRAMME you will receive a 5% discount off your fees. The discounted

amount is NOT taken at source, however it can be claimed back quarterly as long as the 3+ hours have continued.

Non Members

All non members must pay an additional £2.00 per coaching session per term. (Our admin team will contact you with payment details). For membership details please contact your coach.