

ADULT COACHING PROGRAMME



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

- 2 weeks at Easter
- 1 week during the May Bank Holiday/Half term
- 6 weeks during the Summer Holiday
- 1 week during October Half Term
- 2 weeks at Christmas
- 1 week during the February Half Term

For bookings please email our support team enquiries@academytennis.co.uk

Please note:

By signing up to our Direct Debit payment service, you are not entering a contract with The Academy Tennis and can cancel your place & payment at any time by contacting enquiries@academytennis.co.uk

www.theacademy.tennis

Ladies Groups

Level	Places	Day	Times	Monthly Direct Debit Cost
C-D	8	Monday	10am – 11am	£27.87
D+	8	Monday	3pm – 4pm	£27.87

Adults Mixed Classes

Level	Places	Day	Times	Monthly Direct Debit Cost
C-D	8	Monday*	7pm – 8pm	£24.38
C-E	8	Tuesday	11am – 12pm	£27.87
A-B	8	Wednesday	8pm – 9pm	£33.25
E+	8	Thursday	8pm – 9.30pm	£49.88
A-B	8	Saturday*	9am – 10am	£20.90
C-E	8	Saturday*	9am – 10am	£20.09

Cardio Tennis

Level	Places	Day	Times	Weekly Cost
B+	12	Friday	10am – 11am	£6.60 / £7.70**
B+	12	Friday	11am – 12pm	£6.60 / £7.70**

*Outdoor Session

**Apr to Oct Indoor / Nov to Mar Outdoor

Hallamshire Adult Club Rating System

Here at Hallamshire we have introduced a Letter rating system from A (beginner) to I (national standard).

This is in order to help adult members find the right coaching/ social groups and internal competition.

Letter Ratings:

A / B Beginner standard (taking part in club box leagues)

C / D Intermediate (taking part in club box leagues and social nights and social competition)

E / F Club player (taking part in club box leagues, social nights and social competition, as well as representing the club as part of a club team)

G / H Top Club Team Player (taking part in club box leagues, social nights and social competition, as well as representing the club as part of a club team)

I National Standard (representing the club as part of a club team and regularly competing at county and national level)

Unsure of your rating?

Then speak to one of the Academy coaches who will be happy to help.

Individual lesson policy*

Clients have up to 48 hours before the lesson to cancel, thereafter it would be up to the individual coach & circumstance whether the client is charged.

Multi-booking discount*

5% discount to any single person or family booking 3 hours + on our core group coaching programme

Non Member Policy*

Non members of Hallamshire Tennis & Squash Club may access Group Coaching for one term before becoming a member.