

Hallam Grange

Adult Pay & Play sessions



THE
ACADEMY
HALLAM GRANGE

Throughout the week, we offer a range of pay-and-play coaching and cardio tennis sessions for adults. These sessions are ideal for anyone looking for flexibility in their tennis participation. Places are allocated on a first-come, first-served basis.

Day/Time	Level	Description	Price	QR to Book
Tuesday 6:30-7:30pm	C+	Intermediate Coaching	£8.69	▶ BOOK NOW
Friday 12-1pm	A-C	Improver/Intermediate Coaching		▶ BOOK NOW
Friday 6:30-7:30pm	A+	BASKET based Cardio		▶ BOOK NOW
Saturday 9-10am	A/B	Beginner Coaching		▶ BOOK NOW
Saturday 12-1pm	C+	Intermediate Coaching		▶ BOOK NOW

We will also have posters displayed at the tennis club with QR codes which can be used to scan and book

If you have any questions regarding the sessions please speak with your head coach Nathan Bates or assistant coach Freddie Jowsey

Please [CLICK HERE](#) to join our Hallam Grange WhatsApp Community for all our latest news!!

PASSION

HONESTY

ENJOYMENT

TINY TOTS TENNIS

FOR AGES 2–3.5 YEARS



THE
ACADEMY
HALLAM GRANGE

First
Session
FREE

An introduction to the components of tennis

- Movement
- Agility
- Throwing
- Striking skills
- Catching
- Balance
- **HAVING FUN!!**


Spend time with your child helping them improve their co-ordination and motor skills in a fun, friendly environment.

Pay & Play



Sessions are booked via the 'Book Now' button. If you have any questions please contact Nathan on 07904 200087

**Hot drinks for
parents & soft
drinks for the
children available**

Where	Day	Time	Price	QR
Hallam Grange Tennis Club S10 3RH Indoor Hall	Friday	9-9:45am	£8.69 Pay & Play	 BOOK NOW

- **We encourage parents to be on court with their child to help them learn**
- **We have a comfortable Clubhouse space for drinks and relaxing before and after the sessions**
- **Sessions are booked weekly so you have full flexibility**
- **Feel free to invite friends and share our information!!**