

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
- 2-3 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
B+	8	Monday	10am–11am	£33.44

Adults Mixed Classes

Level	Places	Day	Times	Monthly Direct Debit Cost
C–D	8	Monday*	7pm–8pm	£25.08
C–E	8	Tuesday	11am–12pm	£33.44
B+	8	Wednesday	8pm–9pm	£33.44
E+	8	Thursday	7pm–8.30pm	£50.16
A–B	8	Saturday*	9am–10am	£25.08
C–E	8	Saturday*	9am–10am	£25.08
A–B	8	Sunday*	11am–12pm	£25.08

Cardio Tennis

Level	Places	Day	Times	Weekly Cost
A-B	12	Monday	11am–12pm	£7.90*
A-B	12	Tuesday	10am–11am	£7.90*
B+	12	Friday	10am–11am	£7.90 / £9.24**
B+	12	Friday	11am–12pm	£7.90 / £9.24**

* Outdoor Session

** Apr to Oct Indoor / Nov to Mar Outdoor

Hallamshire Adult Club Rating System

Here at Hallamshire we have produced an internal club rating system. This is used as a guide to help players find the right coaching, social and competitive opportunities within the club.

When you join Hallamshire as a member, you can take up the chance to have a FREE induction with one of the coaches who will suggest a rating for you. Across the page is a letter rating guide as well as suggested activities to get involved in.

Letter Ratings:		Suggested Club Activities:
A / B	Beginner	Group Coaching 1-1 Coaching Categorised Social Tennis Categorised Internal Competitions Box Leagues Club Championships (Handicapped Events)
C – F	Improver	Group Coaching 1-1 Coaching Categorised Social Tennis Categorised Internal Competitions Box Leagues Club Teams (S&D) Team Practice Club Championships
G – I	Advanced	1-1 Coaching Categorised Social Tennis Categorised Internal Competitions Box Leagues Club Teams (S&D) Team Practice Club Championships

*Please note you are under no obligation to take part in any of these activities, they are just suggestions.

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.

*Full terms & conditions can be obtained by contacting enquiries@academytennis.co.uk