



HILLS ROAD SPORTS & TENNIS CENTRE

TENNIS PROGRAMME April to July 2023

- A range of enjoyable courses for beginner, improver & intermediate adult tennis players.
- All our coaches are fully qualified and have excellent experience.
- Great value for money.
- **Please note - booking onto one course does not give you priority for following courses.**

ALL COURSES WILL BE AVAILABLE TO BE BOOKED **ONLINE:**
10PM ON SUNDAY 12TH MARCH

All bookings for all courses will be taken online and will no longer be available to book in person or over the phone. Payment is required at the time of booking.

COACHING COURSES

Beginner Courses (16 years plus)

Learn the basics in a fun and relaxed environment .

COURSE	DAY	TIME	COST		LENGTH	DATES
			Mem / Non-Mem			
STS BEG 1	Monday	9pm - 10.15pm	£46.00/£61.30		4 wks*	April 17th - May 22nd
STS BEG 2	Monday	9pm - 10.15pm	£69.00/£92.00		6 wks	June 5th – July 10th

*No session on the 1st + 8th May due to Bank Holidays

Improver Courses (16 years plus)

An enjoyable course for those who have played a little bit and would like to make some improvements to their game.

COURSE	DAY	TIME	COST		LENGTH	DATES
			Mem / Non-Mem			
STS IMP 1	Wednesday	7.30pm - 8.45pm	£69.00/£92.00		6 wks	April 19th–May 24th
STS IMP 2	Wednesday	8.45pm -10.00pm				
STS IMP 3	Wednesday	7.30pm - 8.45pm	£69.00/£92.00		6 wks	June 7th – July 12th
STS IMP 4	Wednesday	8.45pm -10.00pm				

Intermediate Courses (16 years plus)

For those players wanting to sharpen up their game and improve their technique.

COURSE	DAY	TIME	COST		LENGTH	DATES
			Mem / Non-Mem			
STS INT 1	Tuesday	7.30pm - 8.45pm	£69.00/£92.00		6 wks	April 18th - May 23rd
STS INT 2	Tuesday	8.45pm -10.00pm				
STS INT 3	Tuesday	7.30pm - 8.45pm	£69.00/£92.00		6 wks	June 6th – July 11th
STS INT 4	Tuesday	8.45pm -10.00pm				

Tennis at Ten (16 years plus)

An enjoyable and fun social tennis session, which also provides an opportunity to be coached. These courses are aimed at the improver player.

COURSE	DAY	TIME	COST (Mem / Non-mem)	LENGTH	DATES
STS TEN 1A	Monday	10.00am -11.30am	£46.00/£61.30	4 wks*	April 17th—May 22nd
STS TEN 2A	Tuesday	10.00am -11.30am	£69.00/£92.00	6 wks	April 18th—May 23rd
STS TEN 3A	Wednesday	10.00am -11.30am	£69.00/£92.00	6 wks	April 19th—May 24th
STS TEN 4A	Thursday	10.00am -11.30am	£69.00/£92.00	6 wks	April 20th—May 25th
STS TEN 5A	Friday	10.00am -11.30am	£69.00/£92.00	6 wks	April 21st—May 26th
STS TEN 1B	Monday	10.00am -11.30am	£69.00/£92.00	6 wks	June 5th—July 10th
STS TEN 2B	Tuesday	10.00am -11.30am	£69.00/£92.00	6 wks	June 6th—July 11th
STS TEN 3B	Wednesday	10.00am -11.30am	£69.00/£92.00	6 wks**	June 7th—July 19th
STS TEN 4B	Thursday	10.00am -11.30am	£69.00/£92.00	6 wks**	June 8th—July 20th
STS TEN 5B	Friday	10.00am -11.30am	£69.00/£92.00	6 wks**	June 9th—July 21st

*No session on the 1st + 8th May due to Bank Holidays

**No session on the 12th + 13th + 14th July due to a coaching course

Social Sessions: (all sessions are 16 years plus)

Members can book 7 days in advance and Non Members can book 5 days in advance via the app or website.

Tennis Skills & Drills (improvers/intermediate level)			
Mondays	7:30-9:00pm	£6.60/£8.80 mem/non-mem	These sessions are designed to focus specifically on drills, tactics and match play.

Social Tennis (improver level upwards)			
Sundays	7.00pm- 9.00pm	£6.35/£8.50	The highly popular social sessions continues to give opportunity to play doubles

Junior Tennis

Saturdays — 22nd April to 15th July (excl. 3rd June - 12 weeks)

Green Ball 9 to 12 years - 9.00am-10.00am

Mini Red 5 to 6 years - 10.00am - 11.00am

Mini Orange 7 to 8 years - 11.00am - 12.00pm

£70.00 members £93.00 non-members

Places must be booked and paid for in advance

Please ensure children have suitable clothing for indoor and outdoor sport and a water bottle.

If you need to borrow a racket please ask at main reception.



If you would like to be placed on our mailing list for news on future tennis courses please email Andrew Kleanthous: akleanthous@hillsroad.ac.uk



For latest court availability and course information follow us on Twitter @HillsRoadSTC **OR** find us on Instagram & Facebook.

Payment is required at the time of booking. Places cannot be reserved without payment.

For further information please contact the Centre reception on (01223) 500009.