



HILLS ROAD SPORTS & TENNIS CENTRE

TENNIS PROGRAMME September to December 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** FROM:
10PM ON SUNDAY 20th AUGUST

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 - 10.30pm | £154.35/£205.80 | | 12 weeks* | 11th Sept—4th Dec |

* No session on 23rd October

Intermediate Courses (16 years plus)

A course for those players wanting to learn and practice more challenging tactics and skills to further enhance their knowledge and ability within the game.

| COURSE | DAY | TIME | COST | | LENGTH | DATES |
|-----------|---------|-----------------|-----------------|--|-----------|-------------------|
| | | | Mem / Non-Mem | | | |
| STS INT 1 | Tuesday | 7.30pm - 9.00pm | £154.35/£205.80 | | 12 weeks* | 12th Sept—5th Dec |
| 2 | Tuesday | 9.00pm -10.30pm | | | | |

* No session on 24th October

Improver Courses (16 years plus)

An enjoyable course for those who have progressed from beginners, or who have played a little bit and would like to keep playing, learning and practicing to improve their technique and game.

| COURSE | DAY | TIME | COST | | LENGTH | DATES |
|-----------|-----------|-----------------|-----------------|--|-----------|-------------------|
| | | | Mem / Non-Mem | | | |
| STS IMP 1 | Wednesday | 7.30pm - 9.00pm | £154.35/£205.80 | | 12 weeks* | 13th Sept—6th Dec |
| 2 | Wednesday | 9.00pm -10.30pm | | | | |

* No session on 25th October

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) | LENGTHH | DATES |
|------------|-----------|------------------|-------------------------|-----------|-------------------|
| STS TEN 1A | Monday | 10.00am -11.30am | £145.35/£193.80 | 12 weeks* | 11th Sept–4th Dec |
| STS TEN 2A | Tuesday | 10.00am -11.30am | £145.35/£193.80 | 12 weeks* | 12th Sept–5th Dec |
| STS TEN 3A | Wednesday | 10.00am -11.30am | £145.35/£193.80 | 12 weeks* | 13th Sept–6th Dec |
| STS TEN 4A | Thursday | 10.00am -11.30am | £145.35/£193.80 | 12 weeks* | 14th Sept–7th Dec |
| STS TEN 5A | Friday | 10.00am -11.30am | £145.35/£193.80 | 12 weeks* | 15th Sept–8th Dec |

*No sessions week commencing 23rd October

Social Sessions/Weekly (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 | 7:30pm-8:30pm | £6.90/£9.25 member/non-member | These sessions are designed to focus on specifically on drills, tactics and match play. |

| Social Tennis (improver level upwards) | | | |
|--|---------------|-------------------------------|--|
| Sundays | 7.00pm-9.00pm | £6.90/£9.25 Member/non-member | The highly popular social sessions continues to give opportunity to play doubles |

Junior Tennis

Saturdays – 16th September–9th December (excl. 28th October - 12 weeks)

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

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

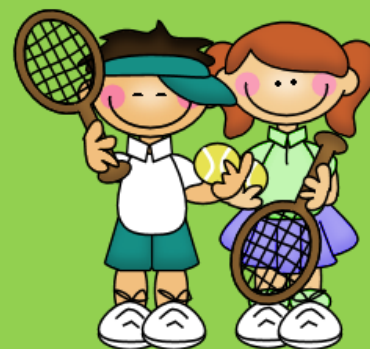
Mini Orange 7 to 8 years - 11.00am - 12.00am

£73.20 members £97.60 non-members

Places must be booked and paid for in advance

Please ensure children have suitable clothing for 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

The tennis courses are designed for specific proficiency levels, and if the coach determines that a participant has not met the required level, they will be requested to switch to a different course if available. If no alternative can be offered, a refund will be given.



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.