



# HILLS ROAD SPORTS & TENNIS CENTRE

## TENNIS PROGRAMME January to March 2024

- 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 10TH DECEMBER**

**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)** Designed to introduce you to all aspects of tennis, learning the basic skills and tactics to start playing. From holding your racket, to footwork and basic stroke technique. Suitable for absolute beginners with zero experience. Also suitable for those with minimal playing experience and for anyone who has yet to gain control of their groundstrokes.

COURSE	DAY	TIME	COST		LENGTH	DATES
			Mem / Non-Mem			
STS BEG 1	Monday	9:00pm - 10:30pm	£154.35/£205.80		12 weeks	Jan 8th - Mar 25th

#### Improver Courses (16 years plus)

Building up from the beginners' level and having the ability to hold a basic rally and a reasonable serving ability you'll now want to be gaining more technical skills and stroke actions and playing within tactical situations. You'll also now start to learn how to apply this knowledge into basic doubles play situations.

COURSE	DAY	TIME	COST		LENGTH	DATES
			Mem / Non-Mem			
STS IMP 1	Tuesday	7:30pm - 9:00pm	£154.35/£205.80		12 weeks*	Jan 2nd - Mar 26th
STS IMP 2	Wednesday	9:00pm - 10:30pm	£154.35/£205.80		12 weeks*	Jan 3rd - Mar 27th

\*no session 20th + 21st February

#### Intermediate Courses (16 years plus)

With a more reliable and dependable serve and ground stroke, our intermediates course looks at things like shot depth, net play, varying grips along with different spin types and adding variety within your game. We'll also look to add to your service game and how to also introduce these skills into your doubles game as well as singles.

COURSE	DAY	TIME	COST		LENGTH	DATES
			Mem / Non-Mem			
STS INT 1	Wednesday	7:30pm - 9:00pm	£154.35/£205.80		12 weeks*	Jan 3rd - Mar 27th
STS INT 2	Tuesday	9:00pm - 10:30pm	£154.35/£205.80		12 weeks*	Jan 2nd - Mar 26th

\*no session 20th + 21st February

## 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 1	Monday	10.00am -11.30am	£145.35/£193.80	12 weeks	Jan 8th - Mar 25th
STS TEN 2	Tuesday	10.00am -11.30am	£145.35/£193.80	12 weeks	Jan 2nd - Mar 26th*
STS TEN 3	Wednesday	10.00am -11.30am	£145.35/£193.80	12 weeks	Jan 3rd - Mar 27th*
STS TEN 4	Thursday	10.00am -11.30am	£145.35/£193.80	12 weeks	Jan 4th - Mar 28th*
STS TEN 5	Friday	10.00am -11.30am	£145.35/£193.80	12 weeks	Jan 5th - Mar 22nd

\*No sessions on 20th, 21st, 22nd February

## 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	7:30-9:00pm	£6.90/£9.25 mem/non-mem	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	The highly popular social sessions continues to give opportunity to play doubles

## Junior Tennis

Saturdays — 6th January to 23rd March (12 weeks including Half-Term)

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

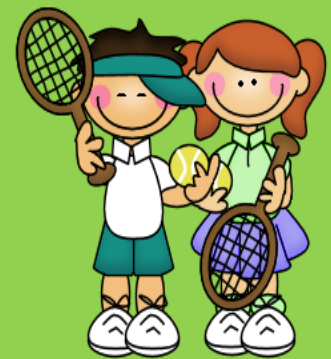
£73.20 members £97.65 non-members

Places must be booked and paid for in advance

Please ensure children have suitable clothing for sport inside and out.

Bring a water bottle too.

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. Please do not enrol on different course levels.**



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.