

# Adult Weekly Coaching Programme

Day	Class	Level	Time	Max Players	Coach	Court	Price
Monday	Club Session	Improver	10:00-12:30	N/A	No Coach	Outdoor 6,7,8 +4 in S	Membership
Tuesday	Club Session	Intermediate	18:30-20:00	N/A	No Coach	Outdoor 6,7,8 +4 in S	Membership
Tuesday	Mixed Group Coaching	Competition Players	18:00-19:30	8	Grant	Indoor 2,3	£10
Wednesday	Club Session	Improver	10:00-12:30	N/A	No Coach	Outdoor 6,7,8 +4 in S	Membership
Wednesday	Ladies Team Training	All ladies teams every 2 weeks	18:30-20:00	12	Craig	Indoor 1,2,3	£7
Thursday	Mixed Group Coaching	Beginner	18:00-19:00	8	Craig	Indoor 2,3	£7
Thursday	Club Session	Intermediate +	18:30-20:00	N/A	No Coach	Outdoor 6,7,8 +4 in S	Membership
Friday	Mixed Group Coaching	Intermediate	10:00-11:30	8	Craig	Indoor 1,2	£10
Friday	Mixed Group Coaching Matchplay	Beginner & Improvers	18:00-19:00	6	Craig	Outdoor	£3
Friday	Club Session	Improver/Intermediate	19:00-21:00	N/A	No Coach	Outdoor 6,7,8 +4 in S	Membership
Saturday	Mixed Group Coaching Matchplay	Improvers/Intermediate	13:00-14:30	12	Craig	Indoor 1,2,3	£10
Sunday	Club Session	Intermediate	10:00-12:30	N/A	No Coach	Outdoor 6,7,8 +4 in S	Membership

**Learn & Develop** Ladies Group Coaching | Mens Group Coaching | Mixed Group Coaching | Mixed Group Coaching Matchplay

**Compete** Ladies Team Training | Mens Team Training | Match Practice | Mixed Club Afternoon

**Club** Club Social | Inclusive of membership

Standards for groups are the minimum standards to participate

Every new member will receive a complimentary session into the above programme as a form of a induction

Please download the coaching app to book and email Director of Tennis Grant Braodley to discuss initial standard

grant@seriousaboutsportltd.co.uk

Coaching App

Google Play Store (android)

<https://play.google.com/store/apps/details?id=app.activitypro.crawleytowntennis>

App Store (iPhone):

<https://apps.apple.com/gb/app/crawley-lawn-tennis/id1580279270>

Once you have registered you will receive a welcome email, and more information on how to use the App.

To book an adult coaching clinic:

Click on session at the top of the page, click category, click on adults and then choose the session you would like to play in.

The adult sessions renew weekly and sign up is available 7 days in advance.

Payment must be made through the app at the time of booking via your dashboard.

