

Adult Tennis Timetable (Monday 3rd June – Saturday 20th July)

Class	Day	Time	Members Price	Non-Members Price	Booking Link
Adult Social Tennis	Sunday & Friday	10.00-12.00 18.00-21.00	FREE	£5 (2 trial sessions with a view to joining)	N/A
Over 50's Social Tennis	Monday & Thursday	10.00-12.00	FREE	£5 (2 trial sessions with a view to joining)	N/A
Tennis & Coffee Morning	Tuesday	10.30-11.30	£6.50 per session	£8.50 per session	BOOKING LINK
Beginner Coaching	Wednesday	18.30-19.30	£45.50 7-week course	£59.50 7-week course	BOOKING LINK
Cardio Tennis	Wednesday	19.30-20.30	£6.50 per session	£8.50 per session	BOOKING LINK
Improver Coaching	Thursday	18.00-19.00	£45.50 7-week course	£59.50 7-week course	BOOKING LINK
Intermediate Coaching	Thursday	19.00-20.00	£45.50 7-week course	£59.50 7-week course	BOOKING LINK
Social Tournament	Sunday 23 rd June	12.00-14.00	FREE	MEMBERS ONLY	BOOKING LINK

To book online please follow the links on the timetable above, Scan the QR code below or email us at hbsctennis@gmail.com

- Social Tennis – Social tennis and over 50's social sessions are for the members to play all year round. These are member led non coached sessions, no need to book just turn up.
- Tennis & Coffee Morning – Improve your tennis in a fun and social environment. Tea/coffee included and maybe even a biscuit or 2 to go with it.
- Beginner Coaching – You will learn the foundations of the game so that by the end of the course you will be able to enjoy fun matches with friends, family, or other people that you meet. You will be taught new skills and shown how to serve, rally & score.
- Improver Coaching – For those in between the Beginner and Intermediate sessions trying to improve their rallying skills but know the basic shots and can hit with relative consistency.
- Intermediate Coaching – For players who are already able to rally and know the basics of tennis, the course will work on improving consistency and match play skills so players would feel more confident in a competitive singles or doubles match.
- Cardio Tennis – A fun fitness based session to music, beginners are welcome and tennis rackets can be provided.

