





Heron & Ace Weekly Programme from 1st April 2018



| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|--|---|---|---|-----|
| | <p>09.00 – 10.55 or 10.00 -10.55am Super Seniors Tennis Sessions (age guide 60+) £5 Fun Coaching & Friendly Social Tennis Please see Steve A for info</p> | <p>Indoor & Outdoor Courts available for members and guests use</p> | <p>10.00am-11.55am Adult Beg/Imp Coaching Usually indoors if wet</p> <p>Outdoors £7 Indoors £9 Non-members add £3 Coaching, Drills & Match practice</p> | <p>Indoor & Outdoor Courts available for members and guests use</p> | <p> 8.00am-8.55am Subject to numbers, £6.50 for everyone Book in Advance</p> | |
| <p>10.00am-11.55am Adult Imp/Adv Coaching Usually Indoors if wet</p> <p>Outdoors £7 Indoors £9 Non-members add £3 Coaching, Drills & Matches</p> <p>n.b. If 6 players or less, time with coach present may be reduced, but friendly match practice will continue till 11.55am</p> | <p>11.00-11.55am Inclusive Tennis Group Relaxed fun Tennis for adults with Learning needs, Health conditions, other needs etc. Alternate weeks, so please always call before coming or for more details 07801 369242</p> | <p>Our coaches are also available for: individual and small group coaching sessions</p> | <p>n.b. If 6 players or less, time with coach present may be reduced, but friendly match practice will continue till 11.55am</p> | <p>11.00-11.55am Inclusive Tennis Group Relaxed fun Tennis for adults with Learning disabilities, Health conditions other needs etc. call Paul for details 07801 369 242</p> | <p>11.00am-11.55am Young Adults Inclusive Group 11.00noon-11.55pm</p> | |
| | | | <p>12.00noon-12.55pm Wheelchair/Physical Tennis Group £5 per session. Specialist Chairs provided</p> | | <p>12.00-1.25pm Wheelchair Tennis £7.50 per session. Specialist Chairs provided</p> | |
| | | | | | <p>4pm-4.55pm & 5pm – 5.55pm Sassy Ladies Tennis £6.50 per week Beginner Ladies & Mums only £6.50 per week payable as a course</p> | |
| | | <p> 6.00pm-6.55pm Price per session Pay on the day £6.50 for everyone Please book in advance</p> | <p>6.00pm-6.55pm Beginners Coaching Make friends, have fun and get fitter as you learn to play £6.50per week First session Free</p> | <p>6.30pm - 7.55pm Improvers/Adv Coaching (4 players minimum) Outdoors/floodlights Mem £10 N-mem £13.50 Pay on the day</p> | <p>Weekend County League Matches MENS REGIONAL LEAGUE MATCHES SUN 12pm START plus Men's C Team Sat 11am start Men's D Team Sun 11am start Ladies B Team Sun 11am start</p> | |
| <p>6.00pm-9.00pm Club Night Members and Guests mix-in for organised social doubles play</p> <p>Members Free Guests £6.00 Plus £2.00 for Floodlights when needed Plus Social American Tournament 1st Monday Every 2 Months</p> | <p>Please see notice-board for dates for all Summer league & Cup fixtures Supporters always welcome!</p> <p>Men's A Team & Ladies A Team County League Matches 6.30pm start</p> | <p>6.00pm-9.00pm Club Night Members and Guests mix-in for organised social doubles play Members Free Guests £6.00 Plus £2.00 for floodlights when needed</p> | <p>7.00pm-8.00pm Weight-Watchers</p> <p>Men's B Team County League Matches 6.30pm start</p> | <p>8.00pm – 9.25pm Team Players Coaching Indoors (6 players minimum) £10 mem £13.50 N-mem Please see Matt</p> | <p>Please look out for your E-MAIL UPDATES and check the notice boards for information</p> <p>Please do not hesitate to ask a member of the Heron Team if you have any questions or need any assistance</p> | |

= Club Sessions
 = Coaching
 = Fitness/Health
 = Disability/Wheelchair/Other needs
 = Home Matches

Please note that the programme is subject to change, so please call to confirm latest details. Summer Opening Hours Mon-Friday 9am-10.00pm, Saturday 8.30am-5.00pm, Sunday 9am – 4pm but please be aware that opening hours may be altered according to demand and booking requests.

For General enquiries Tel: 01637 877 555 For Coaching enquiries Tel: 07790017603 E-mail: herontennis@aol.com Web: www.heron-tennis.co.uk



Heron Tennis and Ace Tennis Coaching & Academy



Heron & Ace Tennis