




Heron & Ace Weekly Programme from 1st April 2019



| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|---|---|---|---|---|-----|
| | <p>09.00 – 9.55 or 10.00 -10.55am Super Seniors Tennis Sessions (age guide 60+) £5.50 Fun Coaching & Friendly Social Tennis Please see Steve A for info</p> | <p>Indoor & Outdoor Courts available for members and guests use</p> | | <p>Indoor & Outdoor Courts available for members and guests use</p> |  8.00am-8.55am Subject to numbers, £7 for everyone Book in Advance | |
| <p>10.00am-11.55am Adult Imp/Adv Coaching <i>Usually Indoors if wet</i></p> <p>Outdoors £8 Indoors £10 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 01637 877555</p> | <p>Our coaches are also available for: individual and small group coaching sessions</p> | | <p>11.00-11.55am Inclusive Tennis Group Relaxed fun Tennis for adults with Learning disabilities, Health conditions other needs etc. for details and to book 01637 877555</p> | <p>11.00am-11.55am Young Adults Inclusive Group 11.00noon-11.55pm</p> <p>12.00-1.25pm Wheelchair Tennis Specialist Chairs provided</p> <p>4pm-4.55pm & 5pm – 5.55pm Sassy Ladies Tennis £7 per week Beginner Ladies & Mums only £7 per week payable as a course</p> | |
| | | | <p>5.00pm-5.55pm Beginners Coaching Make friends, have fun and get fitter as you learn to play(Indoors if wet) £7 per week</p> | <p>6.30pm - 7.55pm Improvers/Adv Coaching (4 players minimum) Outdoors/floodlights Mem £11 N-mem £14 Pay on the day</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>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>8.00pm – 9.25pm Team Players Coaching Indoors (6 players minimum) £11 Mem £14 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-4.00pm, Sunday 9am – 3pm 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