





Adult Weekly Programme from 1st April 2019



Mon	Tue	Wed	Thu	Fri	Sat	Sun
Indoor & Outdoor Courts available for members and guests use	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	Indoor & Outdoor Courts available for members and guests use	10.00am-11.55am Adult Beg/Imp Coaching Usually indoors if wet Outdoors £8 Indoors £10 Non-members add £3 Coaching, Drills & Match practice	Indoor & Outdoor Courts available for members and guests use	 8.00am-8.55am Subject to numbers, £7 for everyone Book in Advance	
10.00am-11.55am Adult Imp/Adv Coaching Usually Indoors if wet Outdoors £8 Indoors £10 Non-members add £3 Coaching, Drills & Matches n.b. If 6 players or less, time with coach present may be reduced, but friendly match practice will continue till 11.55am	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	Our coaches are also available for: individual and small group coaching sessions	n.b. If 6 players or less, time with coach present may be reduced, but friendly match practice will continue till 11.55am	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	11.00am-11.55am Young Adults Inclusive Group 11.00noon-11.55pm	
Indoor & Outdoor Courts available for members and guests use	Indoor & Outdoor Courts available for members and guests use	Indoor & Outdoor Courts available for members and guests use	Indoor & Outdoor Courts available for members and guests use	6.30pm - 7.55pm Improvers/Adv Coaching (4 players minimum) Outdoors/floodlights Mem £11 N-mem £14 Pay on the day	12.00-1.25pm Wheelchair Tennis Specialist Chairs provided	
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 Plus	Please see notice-board for dates for all Summer League & Cup fixtures Supporters always welcome!	 6.00pm-6.55pm Price per session Pay on the day £7 for everyone Please book in advance	5.00pm-5.55pm Beginners Coaching Make friends, have fun and get fitter as you learn to play(Indoors if wet) £7 per week	8.00pm – 9.25pm Team Players Training Indoors (6 players minimum) £11 Mem £14 N-mem Please see Matt	4pm-4.55pm & 5pm – 5.55pm Sassy Ladies Tennis £7 per week Beginner Ladies & Mums only £7 per week payable as a course	
		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				

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



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