



Heron & Ace Weekly Programme from April 2017



Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<p>10.00-10.55 Super Seniors (age guide 60+) £5 for everyone Fun Coaching & Friendly Social Tennis All levels welcome</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 Outdoors in most school holidays 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>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>Outdoors in school holidays 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>12.00noon-12.55pm Wheelchair Tennis Group £5 per session. Specialist Chairs provided</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 12.00noon-12.55pm</p> <p>12.00-1.25pm Wheelchair Tennis £7.50 per session. Specialist Chairs provided</p>	
		<p> 6.00pm-6.55pm Price per session Pay on the day £6.50 for everyone Please book in advance</p>	<p>6.00-6.55pm New Beginners Coaching Group £6.50 per session Friendly session Ideal for people who haven't played much tennis before</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 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 in Every Month</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



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