



# SENNOCKE CENTRE

SEVENOAKS SCHOOL SPORTS CENTRE

## ADULT TENNIS PROGRAMME – SUMMER TERM 2024

TERM DATES: MONDAY 22 APRIL – FRIDAY 28 JUNE

EXCLUDING: BANK HOLIDAY – MONDAY 6 MAY

HALF TERM 27 – 31 MAY

9 WEEK COURSE (Except Monday = 8 WEEK COURSE)

Day	Class	Time	Price
Monday	Coaching (Advanced)	1930-2100	£132
Tuesday	Cardio	1930-2030	£117
Wednesday	Coaching (Intermediate)	0900-1000	£117
Thursday	Coaching (Intermediate)	1930-2030	£117
Friday	Cardio	0900-1000	£117
Friday	Coaching (Beginner)	1000-1100	£117

Please note: All classes will take place on the outside courts in the Summer Term.

### How to book courses:

Bookings are made through reception by emailing: [sennockesport@sevenoaksschool.org](mailto:sennockesport@sevenoaksschool.org)

### **Payment:**

BACs:

Account Name: Sennocke Services Ltd

Account number: 25846973

Sort code: 60-19-02

Ref: TENNIS + surname and initial(s) eg: TENNIS/Bloggs J

### Class/Lesson Descriptions:

#### **Cardio**

Supported by music, Cardio Tennis is a fast, fun way to get fit on a tennis court. The focus is less on skills and more on hitting lots of shots under the guidance of a qualified instructor.

#### **Coaching**

Group coaching course available for all abilities.

Please note once the course has started, you are not permitted to swap to another class for ad-hoc reasons if you are unable to attend your own class. We kindly ask that you respect this request.

The Sennocke Centre, Sevenoaks School, Sevenoaks, Kent, TN13 1HU  
Tel: 01732 467750 Website: [www.sennockecentre.co.uk](http://www.sennockecentre.co.uk)