



SENNOCKE CENTRE

SEVENOAKS SCHOOL SPORTS CENTRE

ADULT TENNIS PROGRAMME – LENT TERM 2025

COURSE DATES: MONDAY 13 JANUARY – FRIDAY 28 MARCH (10 WEEKS)

EXCLUDING: MONDAY 17 FEBRUARY – FRIDAY 21 FEBRUARY (HALF TERM)

DAY	CLASS	TIME	PRICE
Monday	Coaching (Advanced)	1930 - 2100	£165
Tuesday	Cardio	1930 - 2030	£130
Wednesday	Coaching (Intermediate)	0900 - 1000	£130
Thursday	Coaching (Intermediate)	1930 - 2030	£130
Friday	Cardio	0900 - 1000	£130
Friday	Coaching (Beginner)	1000 - 1100	£130

How to book courses:

Bookings are made through reception by emailing: 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.

[Sennocke Centre, Sevenoaks School Tel: 01732 467750](https://www.sennockecentre.co.uk/membership/tennis/)
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