



SENNOCKE CENTRE

SEVENOAKS SCHOOL SPORTS CENTRE

ADULT TENNIS PROGRAMME – LENT TERM 2025

COURSE DATES:

Monday 12 January – Friday 27 March 2026

Excluding: Monday 16 – Friday 20 February (Half Term)

DAY	CLASS	TIME	PRICE
Monday AM	Intermediate Coaching	1000 - 1100	£130
Monday PM	Advance Coaching	1930 - 2100	£195
Tuesday PM	Cardio	1930 - 2030	£130
Thursday AM	Beginner Coaching	1000 – 1100	£130
Thursday PM	Intermediate Coaching	1930 - 2030	£130
Friday AM	Cardio	0900 – 1000	£130

Class 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 enquire about spaces by email: Sennockesport@sevenoaksschool.org

Where sessions are full, we will add your name to our waiting list



<https://www.sennockecentre.co.uk/membership/tennis/>