



SENNOCKE CENTRE

SEVENOAKS SCHOOL SPORTS CENTRE

ADULT TENNIS PROGRAMME – SUMMER TERM 2026

COURSE DATES:

START : Monday 27 April 2026

END : Friday 26 June 2026

EXCLUDES : Monday 4 May (BH) & Monday 25 – Friday 29 May (Half Term)

DAY	CLASS (OUTDOOR COURTS)	TIME	PRICE
Monday AM	Intermediate Coaching	1000 - 1100	£91 (7wks)
Monday PM	Advance Coaching	1930 - 2100	£136 (7wks)
Tuesday PM	Cardio	1930 - 2030	£104 (8wks)
Thursday AM	Beginner Coaching	1000 – 1100	£104 (8wks)
Thursday PM	Intermediate Coaching	1930 - 2030	£104 (8wks)
Friday AM	Cardio	0900 – 1000	£104 (8wks)

PLEASE NOTE: ALL SESSIONS ARE ON THE OUTDOOR COURTS DURING THIS TERM

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 (suitable for all levels).
- Coaching** Group coaching course available for all levels.

**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/>