

ADULT TENNIS PROGRAMME

Monday 2nd November - Thursday 10th December 2026

DAY	CLASS	TIME	PRICE
Monday	Intermediate/Advance Coaching	1100 – 1200	£90
Monday	Advance Coaching	1930 – 2100	£136
Tuesday	Cardio	1215 – 1315	£90
Wednesday	Beginner Coaching	0900 – 1000	£90
Thursday	Beginner Coaching	1215 – 1315	£90
Friday	Cardio	0900 – 1000	£75
Friday	Intermediate Coaching	1215 – 1315	£75

Which level is right for me?

Beginner

Suitable for absolute beginners. Learn how to play simple forehand and backhand shots and become familiar with different strokes. Working towards holding short rallies, for independent play.

Intermediate

You can hold a short rally, know how to serve and understand court positioning for serve and play. Able to play different types of shots. Working on technique and refining play to hold longer rallies and volley comfortably.

Intermediate/Advanced

As Intermediate, but also be able to play competitive points, serve and volley.

Advance

Able to control the ball in play, confidently serve and know how to play points. Some experience of all types of shots/strokes, including volley and able to hold a decent rally. Focus will be on technique and positioning to improve play.

Cardio

Suitable for all levels. 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

To enquire about spaces and for further information scan QR code
Or visit  <https://www.sennockecentre.co.uk>



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