

tennis

# ADULT TENNIS COURSES

## WEEKLY COACHING

### TENNIS EXPRESS

Monday 20:00 - 21:00

£7.00 per session paid in blocks of 5-8 weeks

For adults who are new to tennis or for those who may not have played for some time. The course will provide a fun introduction to the sport and will get players serving, rallying and scoring from the first session. Players will play with slower green balls to ensure that they are able to learn the basic tactics and techniques in an active way.

### COACH & PLAY

Monday 20:00 - 21:00

£7.00 per session paid in blocks of 5-8 weeks

Coach & Play courses will help players improve their doubles and singles play. Each session will be fun and competitive with the coach setting up various drills to help with tactics and techniques in both singles and doubles.

# DROP IN SESSIONS

## CARDIO TENNIS

Cardio Tennis is a fun, energetic, social fitness class performed to up-tempo music. No previous tennis experience required. Open to all abilities and fitness levels.

Day	Time	Member Price	Non-member Price
Wednesday	18:00-18:45	Free	£5
Sunday	09:15-10:00	Free	£5

## SOCIAL TENNIS

Our social tennis sessions are a great way for players to get back on the court, meet new people and enjoy a game of tennis in a fun and relaxed atmosphere. All organised social play, is in doubles format – both mixed and same sex. Our goal is to organise sets with the emphasis on balancing the doubles teams, to ensure players are treated to good quality tennis with a range of players.

Day	Time	Member Price	Non-member Price
Monday	11:00-13:00	Free	£8.75

## CLUB COMPETITION

Our social match play sessions will give players the opportunity to compete against players of similar level. A coach will organise players into doubles and singles matches using different formats each week.

Day	Time	Member Price	Non-member Price
Tuesday	20:00-22:00	Free	£9.75
Thursday	20:00-22:00	Free	£9.75

## INDIVIDUAL COACHING

If you would like to have one to one coaching from an LTA licensed coach please contact the Tennis Coordinator on **01204 488125** or [tennis@boltonarena.com](mailto:tennis@boltonarena.com)

### Junior Course Enquiries

01204 488125

[tennis@boltonarena.com](mailto:tennis@boltonarena.com)

### Tennis Membership Enquiries

01204 488104

[tennis@boltonarena.com](mailto:tennis@boltonarena.com)

### Court Bookings

01204 488100