



# Adult Tennis Timetable (Monday 5<sup>th</sup> June – Saturday 22<sup>nd</sup> July 2017)

## Coach Details:

**Tom Lemon**  
HBSC Head Coach  
Tel: 07849979045

**Sue Lawson**  
HBSC Tennis Coach  
Tel: 07920055238

**Derek Schofield**  
Tel: 01204883617

## PAY & PLAY

Available anytime during open times and is £10.00 per court per hour.

Please Book Online via the following link:  
<https://clubspark.lta.org.uk/HolcombeBrookSportsClub/Coaching>

or email us at [hbsctennis@gmail.com](mailto:hbsctennis@gmail.com)

Classes need a minimum of 4 players to run or will be cancelled

Monday					
Time	Class	Level	Instructor	Members Cost	Non-member Cost
10.00	Over 50's Social Tennis	All	Derek Schofield	FREE	

Tuesday					
Time	Class	Level	Instructor	Members Cost	Non-member Cost
10.30-11.30	<a href="#">Back To Tennis</a>	All	Sue Lawson	£4.00	£6.00

Thursday					
Time	Class	Level	Instructor	Members Cost	Non-members Cost
10.00am	Over 50's Social Tennis	All	Derek Schofield	FREE	
7.00-8.00pm	<a href="#">Tennis Xpress</a> (6 week course)	Beg	Tom Lemon	£36	£45
8.00-9.00pm	<a href="#">Cardio Tennis</a>	All	Tom Lemon	3.50	£4.50

Saturday					
Time	Class	Level	Instructor	Members Cost	Non-members Cost
3.00-4.30pm	Social Tennis	ALL		FREE	£5

Sunday					
Time	Class	Level	Instructor	Members Cost	Non-members Cost
9:30-10:30	<a href="#">Cardio Tennis</a>	All	Tom Lemon	£2.50	£2.50

### Cardio Tennis

A series of tennis-based drills and activities played to up-tempo music on a tennis court. It does not require tennis skills, but is all about keeping your heart beat up, burning calories and having fun. Includes a warm-up, work out and cool down.

### Over 50's Social Tennis

Over 50's social sessions are played by the members on Mondays and Thursdays from 10am all year round. Non-Members are welcome to try out with a view to joining.

### Social Tennis

Tennis is a great way to stay fit, meet new people or have fun with family and friends. It's easy to pick up a racquet and play tennis regardless of your age. And the great thing is you don't have to be a member to play.

### Tennis Xpress

If you have never played tennis before, or haven't played tennis in a long time, then tennis Xpress is for you. It is an easy and fun way for adults to get into the game. During the 6 week course you will be taught new skills and be shown how to serve, rally and score, so that by the end, you will be able to enjoy fun matches with your friends, family or others.

### Back to Tennis

Adult Group lessons for adults keen to try tennis or restart again.