

Adult Coaching

How and where do I start?

Starting Out?

Start Quick?

Our popular 5 week courses run on Fridays Cost per course is £30

Improver

Saturday's 10-11am. This session is designed to improve basic technique and develop game play.

Advanced/Team

Nigel runs the sessions in request from the team captains.

Coffee Morning Tennis

Every Friday morning 10 till 11am, this session is designed to improve and develop techniques tactics and overall match/game play. Also includes Coffee and Cake afterwards.

For more details please contact Nigel Allingham 07432 846652 or e- mail

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