

# ADULT TENNIS

## SUMMER TERM 2026



ST GEORGE'S HILL  
LAWN TENNIS CLUB

### ADULT COACHING PROGRAMME

Commencing – Monday 13<sup>th</sup> April to Sunday 19<sup>th</sup> July 2026

*(No Coaching Groups - Monday 25<sup>th</sup> May to Sunday 31<sup>st</sup> May 2026)*

Session	Day	Gender	Time	Coach/Organiser	No of Sessions	Price
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#### COACHING COURSES – 13 WEEK TERM

Book & pay via reception

Stage 1 Beginner (New Players)	Wednesday	Male & Female	11:30am-12:30pm	Anna S	13	£104
Stage 2 Intermediate (Developing Players)	Monday	Female	10-11:30am	David C & Anna S	13	£156
	Friday	Male & Female	10-11:30am	Mark S	13	£156
Stage 3 Intermediate Plus (Competitive Players)	Monday	Female	11:30am-1pm	James D & Anna S	13	£156
Stage 4 Advanced (Elite Players)	Monday	Female	1-2:30pm	Emily S & Anna S	13	£156

**Stage 1 Beginner** - Master basic grips, develop racket control, understand court positioning and enjoy the game.

**Stage 2 Intermediate** - Enhance stroke consistency, develop spin and learn basic tactics.

**Stage 3 Intermediate Plus** - Develop advanced techniques, improve your match fitness and prepare for club teams and tournaments.

**Stage 4 Advanced** - Achieve technical precision, peak physical conditioning and mental toughness for competitive play.

#### PAY & PLAY COACHING GROUPS

Cardio Tennis	Monday	Male & Female	9-10am	Piers HJ	Weekly	£8
Mixed Drills	Tuesday	Male & Female	7:30-8:30pm	Emily S	Weekly	FREE
Mixed Drills	Wednesday	Male & Female	1:00-2:00pm	Emily S	Weekly	FREE

**Cardio Tennis** - Open to all levels - (Book via the group coach & pay via reception)

**Mixed Drills** - Open to all levels (Book via the group coach)

#### SOCIAL TENNIS – NON COACHING

Club Evening	Tuesday	Male & Female	5:30-7:30pm	George D	Weekly	FREE
Club Morning	Thursday	Male & Female	10-11:30am	-	Weekly	FREE
Club Afternoon	Saturday	Male & Female	2-4pm	Piers HJ	Weekly	FREE

**All sessions** – Intermediate & intermediate plus levels. Confident at playing doubles and have a good understanding of the rules.  
(No booking required – just turn up and play)

Please refer to our detailed Adult coaching programme booklet, regarding session descriptions.  
To book a session, please contact reception or the coach/organiser.