

THE
SUNDRIDGE PARK CLUB
TENNIS & SQUASH

ADULT PROGRAMME SEPTEMBER/DECEMBER 2019

DAY		TIME	COURSE	LEVEL	COACH	MEMBER	NON MEMBER
MONDAY		9.30AM-10.30AM	Tennis Xpress (6 weeks course)	Beginners - Tennis Intro	Jacque	£8.75	£10.75
		10 AM-11.30 AM	Adult Group	Intermediate	Ania	£11.95	£13.95
		7.30 PM-8.30 PM	Adult Group	Improvers	Jacque	£8.75	£10.75
TUESDAY	NEW	10.30 AM-11.30 AM	Double clinic	Intermediate & Advanced	Ania	PAY and PLAY £9 member/ £11 non member	
WEDNESDAY		9.30 AM-10.30 AM	Adult Group	Beginners +	Ania	£8.75	£10.75
		NEW 11AM-12AM	Men's Over 50 - Double Clinic	Improvers & Intermediate	Ania	PAY and PLAY £9 member/ £11 non member	
		7 PM-8 PM	Adult Group	Beginners	Gary	£8.75	£10.75
		NEW 8 PM-9 PM	Tennis Workout	All levels	Gary	PAY and PLAY £9 member/ £11 non member	
THURSDAY		NEW 9.30 AM-10.30 AM	Ladies Cardio Tennis	All levels	Ania	PAY and TRAIN £9 member/ £11 non member	
		NEW 12AM-1PM	Ladies Double Practice	Team 3&4	Ania	PAY and TRAIN £9 member/ £11 non member	
		7 PM-8 PM	Tennis Xpress (6 week course)	Beginners - Tennis Intro	Ania	£8.75	£10.75
FRIDAY		9 AM-10.30AM	Adult Group	Improvers +	Gary	£11.95	£13.95
		10.30AM-11.30AM	Adult Group	Improvers	Gary	£8.75	£10.75
		NEW 10.30 AM-12 PM	Adult Group	Advanced - Ladies Team 1&2	Ania	PAY and PLAY £12 member/ £14 non member	
SATURDAY		9AM-10AM	Adult Group	Intermediate	Jacque	£8.75	£10.75
		10AM-11AM	Adult Group	Intermediate +	Jacque	£8.75	£10.75
SUNDAY		11AM-12PM	Adult Group	Improvers	Gary	£8.75	£10.75