






TENNIS AUTUMN 2017

Adult tennis programme

	Monday	Tuesday	Wednesday	Thursday
11:15am – 12:15pm	Tennis Intermediate session max 6 players/coach	Tennis Train like a pro, strength and condition	Tennis technique doctor with video analysis max 6 players/coach	Tennis High intensity hitting session with music
12:15pm – 1:15pm	Cardio tennis with music Circuit training with tennis elements. All levels. 	NIKE Tennis Tuesday 2 hours social tennis for ladies only  	Tennis Beginners session max 6 players/coach	Cardio tennis with music Circuit training with tennis elements. All levels. 
1:15pm – 2:15pm	Advantage Tennis advanced tennis training, for men only		Tennis technique doctor with video analysis max 6 players/coach	Tennis Beginners session max 6 players/coach
7pm – 8pm	Tennis Intermediate session	Cardio tennis with music Circuit training with tennis elements. All levels. 	Tennis Beginners / Improvers	Tennis Intermediate session

£15/ sessions or £56/ 4 sessions or £80 / month*

* 'All you can train' package

includes...

- Limitless sessions
- Free court usage from Monday to Friday 10am–1.30pm
- 50% discount on private lessons for family members at off peak times

**For membership and for more information please email: tennisbarnes@rockslane.co.uk
Cost: £80/month**

To sign up go to our website and follow the steps or email us at tennisbarnes@rockslane.co.uk

Adult weekend sessions

Beginner/Improvers Course

Saturday 3–4pm £56 / 4 weeks

Intermediate training

Saturday 3–4pm £56 / 4 weeks

Drop in cardio tennis

Saturday 4–5pm
£10 / session or £80 / 10 sessions

Private / shared lessons

Tennis lesson for 1*	1 lesson	£48.00
	10 lessons	£460.00
Shared lesson for 2*	1 lesson	£53.00
	10 lessons	£510.00
Shared lesson for 3*	1 lesson	£58.00
	10 lessons	£560.00
Shared lesson for 4*	1 lesson	£63.00
	10 lessons	£610.00

*Prices include VAT and court charges

Train like a tennis pro...

Personal training Individual attention on increasing power, toning muscle, developing fitness through full body workout.

£40/ hour



PLAY LEARN COMPETE

rockslane

Rocks Lane Multi Sports Centre Barnes
Rocks Lane, Barnes, London SW13 0DG

020 8876 8330  @rockslaneSW13

rockslane.co.uk



020 8876 8330

Junior tennis programme



Monday 4 September – 11 December 14 weeks

3-4	14.00-14.30, 15.30-16.00	£168.00
5-6	16.00-17.00, 17.00-18.00	£168.00
7-8 Stage 1	16.00-17.00	£168.00
7-8 Stage 2, Advanced	17.00-18.00	£168.00
9&U Stage 1	17.00-18.00	£168.00
9&U Stage 2, Advanced	18.00-19.00	£168.00
10-14		
Stages 1 & 2, Advanced	18.00-19.00	£168.00
10&U, 12&U, Squad	16.30-18.00	£238.00

Tuesday 5 September – 12 December 14 weeks

3-4	14.00-14.30, 15.30-16.00	£168.00
5-6	16.00-17.00, 17.00-18.00	£168.00
7-8 Stage 1	16.00-17.00	£168.00
7-8 Stage 2, Advanced	17.00-18.00	£168.00
9&U Stage 1	17.00-18.00	£168.00
9&U Stage 2, Advanced	18.00-19.00	£168.00
10-14		
Stages 1 & 2, Advanced	18.00-19.00	£168.00

Wednesday 6 Sept – 13 December 14 weeks

3-4	14.00-14.30, 15.30-16.00	£168.00
5-6	16.00-17.00, 17.00-18.00	£168.00
7-8 Stage 1	16.00-17.00	£168.00
7-8 Stage 2, Advanced	17.00-18.00	£168.00
9&U Stage 1	17.00-18.00	£168.00
9&U Stage 2, Advanced	18.00-19.00	£168.00
10-14		
Stages 1 & 2, Advanced	18.00-19.00	£168.00

Thursday 7 September – 14 December 14 weeks

3-4	14.00-14.30, 15.30-16.00	£168.00
5-6	16.00-17.00, 17.00-18.00	£168.00
7-8 Stage 1	16.00-17.00	£168.00
7-8 Stage 2, Advanced	17.00-18.00	£168.00
9&U Stage 1	17.00-18.00	£168.00
9&U Stage 2, Advanced	18.00-19.00	£168.00
10-14		
Stages 1 & 2, Advanced	18.00-19.00	£168.00
10&U, 12&U Squad	16.30-18.00	£238.00

Autumn half term 23 – 27 October

- No weekday after school sessions.
- Holiday courses during the day Monday–Friday.
- Saturday / Sunday courses continue as normal.

Saturday 2 September – 16 December 16 weeks

3-4 Mini multi sport	09.30-10.30	£224.00
for building up the essential basics for further sport development (football, tennis, golf, netball)		
3-4 Mini tennis	10.30-11.00	£192.00
5-6	11.00-12.00	£192.00
7-8		
Stages 1 & 2, Advanced	10.00-11.00	£192.00
9&U, 10&U Stage 1	09.00-10.00	£192.00
9&U, 10&U		
Stage 2, Advanced	09.00-10.00	£192.00
11-14 Stage 1, Stage 2	09.00-10.00	£192.00

8&U, 9&U Stage 2		
Training and match practice	14.00-15.00	£192.00
10-14 Stage 2		
Training and match practice	15.00-16.00	£192.00

Sunday 3 September – 17 December 16 weeks

8-13 Stage 2		
Social tennis		
Training and match practice	09.00-10.00	£128.00

Private groups

- Self organised by family or friendship groups, aiming to find the most suitable time for your children.
- For individual students or those with non-regular school schedules, you can inform the office of your interest and we will try to organise a group for you.
- For children selected from our open groups based on attitude or playing standard.

NB All prices include VAT and court charges

Our groups

- 3-4 Mini Tennis for Tots
- 5-6 Mini Tennis U8: LTA Red ball stage
- 7-8 Mini Tennis U8: LTA Red ball stage
- 9-10 Mini Tennis U9: LTA Orange ball stage
- 10-1 Mini Tennis U10: LTA Green ball stage
- 11-18 Junior Tennis with standard tennis balls

Squad training

The players will be selected based upon their match play. They will represent rocks lane against other clubs.

Advanced Group

For those who have obtained a basic and usable technique, and are moving on the court comfortably, we offer the possibility of being selected into our Advanced Group sessions. These are mainly rally and match situation centric.

Individual lessons

Individual lessons are for providing more efficient improvement, helping to get into higher stages and provide the amount of attention required to achieve each individual's highest potential.

Stage 2

Whoever wishes to carry on with tennis after a term at stage 1 will get into our stage 2 training programme.

Stage 2 is more technical training and preparation for our advanced tennis programme.

Stage 1

This is our basic open group session. Our priority here is to give children a chance to try out our tennis programme and get them enthusiastic about this fabulous sport.

Our second aim here is to select children at a similar level of talent, attitude or their interest in tennis.

Mostly skill centric training, providing general improvement in co-ordination, positioning and footwork.

Private groups

Selected children based on attitude, interest and standard of tennis, for all levels. These groups can also be self organised based upon existing friendships.

Training and match play camps

Monday to Friday...

Autumn half term: October 23-27

For more details please check our Rocks Lane Tennis Camps Flyers

Book a tennis court

- The advance booking scheme is free to join
- Then buy minimum of 10 credits with no expiry date
- These credits are redeemable for either day time or floodlit tennis courts
- Simply phone to book
- 48 hours cancellation policy.

Advanced booking scheme charges

Number of credits	Total cost	Cost per hour Daylight 2 credits	Cost per hour Floodlight 3 credits
10	£62.50	£12.50	£19.00
22	£132.00	£12.00	£18.00
36	£198.00	£11.00	£16.50

Turn up on the day and play

Daylight per hour	£12.50
Floodlight per hour	£19.00

Please note

No refunds will be given once tennis court bookings have been paid for. A credit will be given if you cancel and your court is re-sold.