

# Adult Tennis Coaching

We're proud to be leading the coaching programme at Headley Tennis Club, offering high-quality sessions for all ages and abilities.

## Adult Group coaching sessions:

### What's on?

#### Mondays:

**18.00-19.30:**

**Rusty Rackets** with coach Rob Norris

**19.30-21.00:**

**Advanced Coaching** with coach Rob Norris

#### Fridays:

**11.00-12.00:**

**\*NEW\* Cardio Tennis** with coach Dillon Norris

*A high energy session that combines tennis drills and games to deliver a full body, calorie burning aerobic workout. No matter your level, you'll hit loads of balls, improve your fitness, and burn calories while having a great time on court.*

**Spots limited to 8 so booking recommended.**



### Pricing:

#### Members:

90 mins - £12.50

60 mins - £10.00

#### Non-members

90 mins - £14.00

60 mins - £11.00

# How to book

All of our **group adult sessions** are pay and play.

Simply join the relevant WhatsApp group.

Confirm your attendance.

Pay on court via either contactless payment or cash.

Email [info@gotennis.co.uk](mailto:info@gotennis.co.uk) or message 07841 054720 and we will add you to the group.

## Private coaching

Our experienced coaches offer personalised sessions for both adults and juniors, allowing for focused guidance and immediate feedback to accelerate your progress.

To enquire about having private lessons, please email us at [info@gotennis.co.uk](mailto:info@gotennis.co.uk) and one of our coaches will get in touch to arrange.



**Dillon Norris**  
LTA Level 3 £40 p/h



**Rob Norris**  
LTA Level 4 £45 p/h

## Tennis Racket restringing, regripping & sales

We also offer restringing (from £28), regripping, and racket sales.  
Speak to a coach for advice or to arrange a service.

**We look forward to seeing  
you on court!**

**E:** [info@gotennis.co.uk](mailto:info@gotennis.co.uk)

**T:** 07841 054720

**W:** [gotennis.co.uk](http://gotennis.co.uk)

