

# ACADEMY TENNIS GUIDE & PROGRAMME 2010

TENNIS FACILITIES ARE FOR THE USE OF TENNIS MEMBERS ONLY

## Tennis courts

Indoor and outdoor floodlit courts free of charge. Book up to 8 days in advance

## Booking Rules

You must check in at reception before the start of play. All unconfirmed bookings will be charged a 'no show' fee of £10

Guests must be accompanied by tennis members and all guest passes and signing in procedures completed on arrival

## Cancellation

2 days notice. Late cancellation is the full price of the activity (late cancellation of free of charge tennis courts is £5 per hour)

## Private Tennis Lessons

£29.50 per 55 minutes. Please pay your coach directly. For Chris Paraskos pay at reception desk. Contact the tennis department for bookings

## Junior Tennis Courses for ages 3 years old upwards

Run after school every day during school terms. You must contact tennis department for placement. Charges are per school term (see tennis notice board for details, programme, prices and terms & conditions)

## Adult In-House Competitive Tennis

Box leagues for singles & doubles run Jan-July with a knockout stage for league runners up winners Sept-Nov  
Entry forms available in reception and tennis corridor. Entry fee £6.00 per person per event.

## Team Tennis

The Academy has 3 teams competing in The Harrogate & District League (Club Captain Carolyn Rothwell)

## PLAYING STANDARD CODE INDEX FOR TENNIS ACTIVITIES & CLUBS

1	ADVANCED	High Team Standard
2	COMPETE PLUS	Middle to Lower Local Team Standard
3	COMPETE	Good Recreational Standard
4	INTERMEDIATE	Steady/Social Recreational Standard
5	IMPROVER	Players Working On Skills
6	*BEGINNERS	Must Seek Coaching Staff Advice

## WEEKLY ADULT TENNIS PROGRAMME

THESE SESSIONS ARE SKILLS PRACTICE AND PLAY EXCEPTING CLUBS THAT ARE ORGANISED PLAY ONLY

DAY	TIME	STANDARD CODE	PRICE
MON	10.30-11.55 am	5	IMPROVER £6.50
	1.30-2.55 pm	3 & 2	COMPETE+PLUS £6.50
	6.30-8.25 pm	3 & 2	COMPETE PLUS CLUB/PLAY ONLY £6.50
	8.30-10.00 pm	1 & 2	ADVANCED CLUB/PLAY ONLY £6.00
TUES	10.00-11.25 am	4	INTERMEDIATE £6.50
WEDS	10.00-11.25 am	3	COMPETE CLUB/PLAY ONLY £6.50
THURS	9.00-10.00 am	5, 4&3	BASKET DRILLS £6.50
FRI	1.00-2.25 pm	3 & 2	COMPETE+PLUS £6.50
SUN	7.00-9.00 pm	4,3 & 2	SOCIAL TENNIS CLUB/PLAY ONLY £6.50

## NON-MEMBERS & ACADEMY FITNESS FIRST MEMBERS OUTDOOR 'PAY & PLAY'

Pay and play outdoor floodlit tennis courts are available for booking at £5 per hour daytime up to 17.00 pm and £8 per hour floodlit from 17.00 pm onwards

\*Non members-No entry is allowed to the rest of the facilities for non-members (showers/changing/pool/gym etc)

\*Fitness First off peak members-Are not allowed access to the rest of the facilities outside of their membership hours

\*Toilets and refreshments are available

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