

Group Coaching SADDLEWORTH	Monthly Fees	You get 40 weeks of sessions – (You only pay for 36 weeks)	Includes club membership	Monthly newsletter	Eligible for our competitions and teams	Discount on additional 1st Ad activities	2 x holiday sessions 1 day Easter 1 day Summer
Tots ages 3-5yrs – LTA Blue stage 45mins Current club member	£16.00	Y	N/a	Y	Y	Y	Y
Tots ages 3-5yrs – LTA Blue stage 45mins Club non member	£18.00	Y	N/a	Y	N	Y	Y
Tennis 6-10yrs - LTA stages Red, Orange & Green - Current club member	£21.00	Y	N/a	Y	Y	Y	Y
Tennis 6-10yrs - LTA stages Red, Orange & Green - Club non member	£23.00	Y	N/a	Y	N	Y	Y
Junior Tennis 11-18yrs – LTA stage Yellow Current club member	£24.00	Y	N/a	Y	Y	Y	Y
Junior Tennis 11-18yrs – LTA stage Yellow Includes club membership	£26.50	Y	Y	Y	Y	Y	Y
Adult Tennis 18+ Current club membership	£26.00	Y	N/a	Y	Y	Y	N
Adult Tennis 18+ Includes club membership	£33.00	Y	Y	Y	Y	Y	N
Family coaching package – 2 parents and children from one household Club members	£55.99	y	N/a	y	y	Y	N
Family coaching package – 2 parents and children from one household Club members	£59.99	y	N/a	y	y	Y	N
Tfit unlimited access – Current club member	£29.99	Y	N/a	Y	Y	Y	N
Tfit unlimited access – Includes club membership	£31.99	Y	Y	Y	Y	Y	N

Private lessons – Saddleworth Tennis Club - £2 non member surcharges apply per session

SADDLEWORTH TENNIS CLUB			Private Tennis coaching options
What's on offer	Standard	Fee	Description
Learn to play Tennis available 1/ 3 / 6 session program	Beginner	1 session £20 3sessions £56 6 session £110	Private Tennis lessons will really help you get the personal focus to learn the different shots quickly. Learning to play all the shots in a 6 week crash course is our suggested program for people learning to play for the first time.
Shot Clinic 90min	Any standard	120 Minute focused session £45	Want to really focus on one of the Shots in Tennis. We can help you master the technique, the right shot to play in the situation and how to tactically get the best out of your shot.
Doubles Clinic 90 mins	Any standard	120 Minute focused session £45	Want some help to focus on some doubles situations with your partner and to learn how to improve your team play. Sessions can be done individually or a team sharing the cost.
Hitting session available 1/ 3 / 6 session program	Improver	1 session £20 3sessions £56 6 session £110	Only Available at Selected Venues Hitting sessions to keep hitting the ball back with one of our team, these sessions really help you practise a specific shot by repeating the skill during the session.
Player Development program available 1/ 5 / 10 session program	Improver	1 session £20 3sessions £56 6 session £110	Wanting to develop your game and start planning your game style, specific ways to win and be ready for the next game you have got planned this program is for you.
121 TFIT Cardio Tennis available 1/ 5 / 10 session program	Any standard	1 session £20 3sessions £56 6 session £110	Individual Cardio based Tennis session incorporating games and tasks to improve your fitness in a fun Tennis environment.
121 TFIT Blast Tennis available 1/ 5 / 10 session program	Any standard	1 session £20 3sessions £56 6 session £110	Individual fitness based Tennis session incorporating the shots of the game of Tennis and other tasks to improve your fitness.
121 TFIT Pilates available 1/ 5 / 10 session program	Any standard		CURRENTLY NOT AVAILABLE
121 TFIT Circuit available 1/ 5 / 10 session program	Any standard	1 session £20 3sessions £56 6 session £110	Individual fitness based Tennis session incorporating the shots of the game of Tennis and physical all body tennis challenges to improve your fitness.



SCHEDULE—SADDLEWORTH TENNIS CLUB



Times	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.00						TFIT Cardio
9.30		Private lesson option		Private lesson option		9.00-10.00
10.00		Private lesson option		Private lesson option		JUNIOR TENNIS AGES 6-8yrs
10.30		TFIT Cardio		TFIT Blast		10.00-11.00am
11.00		10.00-11.00		10.00-11.00		Private lesson option
11.30		Private lesson option		Private lesson option		Private lesson option
12.00		Private lesson option		Private lesson option		ADULT TENNIS
12.30		Private lesson option		Private lesson option		12.00-1.00pm
13.00		Private lesson option		Private lesson option		Private lesson option
13.30						Private lesson option
14.00						
14.30			Private lesson option			
15.00			Private lesson option			
15.30			Private lesson option			
16.00			Private lesson option	JUNIOR TENNIS AGES 6-8yrs		
16.30			JUNIOR TENNIS AGES 6-8yrs	4.00-5.00pm		
17.00			4.30-5.30pm	JUNIOR TENNIS AGES 8-10yrs		
17.30			JUNIOR TENNIS AGES 8-10yrs	5.00-6.00pm		
18.00			5.30-6.30pm	JUNIOR TENNIS AGES 11-16yrs		
18.30			JUNIOR TENNIS AGES 11-16yrs	6.00-7.00pm		
19.00			6.30-7.30pm			
19.30			ADULT TENNIS			
20.00			7.30-8.30pm			



The figure is a large calendar grid for the year 2023, spanning from January to June. The grid is organized by month, with each month's calendar displayed in a separate section. The days of the week are indicated by letters (M, T, W, T, F, S, S) and the dates are numbered. The grid is color-coded: green for dates with scheduled sessions and purple for dates without. Yellow boxes labeled "Scheduled weekly sessions" are placed over specific dates in each month.

January: Sessions are scheduled for the 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, and 31st.

February: Sessions are scheduled for the 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, and 31st.

March: Sessions are scheduled for the 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, and 31st.

April: Sessions are scheduled for the 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, and 31st.

May: Sessions are scheduled for the 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, and 31st.

June: Sessions are scheduled for the 1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, and 31st.

40 scheduled weeks of sessions during the year –

- We base your payments on 36 weeks of sessions following the standard school term times coaching and fitness
- However, we schedule 40 weeks of sessions providing additional sessions to cover any cancellations that may come up through the year for various reasons
- Please use the team up app to manage your account
- If no sessions are cancelled you have 4 FREE sessions. If we have to cancel 2 or 3 sessions then you will not lose money on sessions that you have paid for
- Our calendar of activities will give you a clear idea of when sessions are scheduled and when they are not planned through the year

www.firstadvantagetennis.com

Try out the first month for £1! You cant
lose give Tennis a go.



Packages

- **Current club member packages**

This is the package appropriate for people who are paid up members of the Tennis Club who benefit with a discounted price as members

- **Non member package**

This package is for people who don't want to commit to become members of the Tennis Club and are happy to pay the added fees as non members. Some clubs ask all people using their facilities to become members so this package is not always available.

- **Tfit – Tennis fitness packages**

The Tfit packages give you access to any fitness session that you want each week, just book in on the Tfit app. Please be aware maximum numbers apply so please book early.

- **Family package**

2 parents and children from one household can all access a Tennis session each week. Discounts are available for family club members.

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Encouraging everybody to enjoy Tennis!





School holiday activities-

- We typically run full day holiday activities for juniors during school holidays between 8.30-5.15pm Monday to Friday

Juniors can attend 2 days of their choice for free - 1 day Easter & 1 day Summer

- For younger players we offer half day (2 or 3 hour) sessions during school holiday activity weeks typically 9-11am / 9am-12pm

Minis & Tots can attend 2 half days of their choice for free - 1 half day Easter & 1 half day Summer

To attend holiday activities you MUST pre book

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**At each 9&U group the
'Player of the Session' is awarded their
certificate & medal**



Competitions and teams

When you sign up to one of the group coaching packages we will actively encourage you to take part in the competitions that are on offer including –

- *FREE Box league
- *Team challenge events and other events on our competition calendar
- *Club team matches (players must join the club to take part in these representative club matches)
- *The venue annual competition

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We follow a clear scheme of work specific to ages and stages through our Rally and skills scheme



Academy – Player development program

As the programs grow we are always looking at how the junior players are getting on. We have scheduled a number of player development days to identify players that may want to start playing for the club with ambition to play for their county or more.

The program is for invited players only at various sites. If you are interested in this higher level program then please be prepared to commit to more Tennis and make contact –

academy@firstadvantagetennis.com

www.firstadvantagetennis.com

Maximise your potential!

Discount on additional activities

We offer a number of other services that you will get discount for by signing up to one of our packages – please get in touch for more details

Monthly newsletter

We send out a monthly newsletter to update you on our offers and activities – if you don't want to be sent the newsletter please let us know

www.firstadvantagetennis.com

Monthly player of the month awards sent out as part of our monthly newsletter





**Still got questions? Please get
in touch –**

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www.firstadvantagetennis.com

