

Redhill Memorial Park

Junior Coaching Programme

Our coaching groups focus on the Technical, Physical, Mental and Tactical sides of Tennis with high intensity and lots of fun. We follow The LTA Mini Tennis Programme and have regular feedback for all our players and parents. For £30 per month you get a weekly coaching group and our Sunday competition at Redhill Lawn Tennis Club on Linkfield Lane.

Saturday

1:00-2:00pm - 4 to 7 year olds

2:00-3:00pm - 7 to 10 year olds

3:00-4:00pm - 10-11 year olds

4:00-5:00pm - 11-16 year olds

Our weekly competition is part of the package.

Sunday

2:00-4:00pm - Redhill Lawn Tennis Club, Linkfield Lane.

Payment can be made at any time during the month and if you miss a session you never miss out as you can make it up at any other Boom Tennis coaching programme - email us before attending. We only accept payment via BACS or Standing Order, our account number is 34444760, Sort Code 30-96-26.

T: 07950 802 770

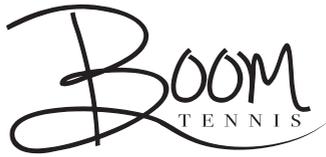
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Adult Coaching

Our Adult group sessions are booked through whatsapp so you join a group and when we send our weekly message you can book your place. All our sessions cost £10 which is payable with card or bank transfer.

Advantage Tennis

6:00-7:00pm: Small courts, small rackets this is a weekly competition lead by a coach who talks tactics then it's time to start playing, standard for this is players must be able to hold a rally.

Tennis Tuesday

12:30-1:30pm: These are traditional coaching groups which will improve you technically, tactically, physically and mentally, all standards welcome.

Cardio Tennis

12:30-1:15pm: Intense cardio session with lots of energy and great drills, suitable for people with no Tennis background.

Book in a FREE trial today

T: 07950 802 770 **E:** Tennis@boomcoaching.co.uk

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