



SHLTC Ltd Adult Coaching

Monday evenings 7.15 – 8.15pm – Team players (speak to Head Coach for more details)

Cost per week is £3 (please note, this is subsidised by the club)

Monday evenings 8.15 – 9.15pm – Team players (speak to Head Coach for more details)

Cost per week is £3 (please note, this is subsidised by the club)

Tuesday evenings 7.30 – 9pm – Intermediate coaching (men's and ladies)

Cost per week is £8 members/£10 non members plus an extra £2 for floodlights when needed

Wednesday mornings 10 – 11.30am – Adult coaching (men's and ladies). All abilities welcome

Cost per week is £8 members/£10 non members

Thursday evenings 7.30 – 9pm – 2 groups: beginners/intermediate plus advanced coaching (both men's and ladies)

Cost per week is £8 members/£10 non members plus an extra £2 for floodlights when needed

Friday mornings 10 – 11.30am – Ladies coaching (all abilities welcome)

Cost per week is £8 members/£10 non members

Saturday mornings 10 – 11am – Cardio Tennis (men's and ladies). All abilities welcome

Cost per week is £6 members/£8 non members

If you have any questions please contact Head Coach Phil Layfield on **07815927767** or headcoach@shltc.info

www.shootershilltennisclub.co.uk