

ADULT TENNIS

AUTUMN TERM 2026



ST GEORGE'S HILL
LAWN TENNIS CLUB

ADULT COACHING PROGRAMME

Commencing – Monday 7th September to Sunday 20th December 2026
(No Coaching Groups - Monday 19th October to Sunday 1st November 2026)

Session	Day	Gender	Time	Coach/Organiser	No of Sessions	Price
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COACHING COURSES – 13 WEEK TERM

Book & pay via reception

Stage 1 Beginner (New Players)	Wednesday	Male & Female	11:30am-12:30pm	Wayne B	13	£104
Stage 2 Intermediate (Developing Players)	Monday	Female	10-11:30am	David C & Anna S	13	£156
	Friday	Male & Female	10-11:30am	Mark S	13	£156
Stage 3 Intermediate Plus (Competitive Players)	Monday	Female	11:30am-1pm	James D & Anna S	13	£156
Stage 4 Advanced (Elite Players)	Monday	Female	1-2:30pm	Emily S & Anna S	13	£156

Stage 1 Beginner - Master basic grips, develop racket control, understand court positioning and enjoy the game.

Stage 2 Intermediate - Enhance stroke consistency, develop spin and learn basic tactics.

Stage 3 Intermediate Plus - Develop advanced techniques, improve your match fitness and prepare for club teams and tournaments.

Stage 4 Advanced - Achieve technical precision, peak physical conditioning and mental toughness for competitive play.

PAY & PLAY COACHING GROUPS

Cardio Tennis	Monday	Male & Female	9-10am	Piers HJ	Weekly	£8
Mixed Drills & Matchplay	Tuesday	Male & Female	6:00-7:30pm	George D	Weekly	FREE
Mixed Drills	Tuesday	Male & Female	7:30-8:30pm	Emily S	Weekly	FREE
Mixed Drills	Wednesday	Male & Female	1:00-2:00pm	Emily S	Weekly	FREE

Cardio Tennis - Open to all levels - (Book via the session WhatsApp group & pay via reception)

Mixed Drills & Matchplay - Open to intermediate level & above (Book via the session WhatsApp group)

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All sessions are bookable from 8am – 6 days in advance.

SOCIAL TENNIS – NON COACHING

Club Afternoon	Saturday	Male & Female	2-4pm	Piers HJ	Weekly	FREE
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Club Afternoon – Intermediate level. Confident at playing doubles and have a good understanding of the rules.

No booking required – just turn up and play.

Please refer to our detailed Adult coaching programme booklet, regarding session descriptions.

tennis@stghlhc.co.uk