

Tennis Coaching at Battersea Park Millennium Arena

We offer a range of coaching sessions at various times throughout the year, to suit all ages and abilities. Sessions are taken by professionally qualified tennis coaches.

Courses are also available from April 2008. Details can be found below.

There are two standard levels of coaching that have been designed for both adults and juniors.

Beginner

For those who have played little or no tennis, and smaller children who have previously attended a short tennis course. These sessions are an introduction to the basic strokes, concentrating on the development of ball sense and racket control on the forehand, backhand and serve.

Intermediate

These sessions are for players who have reasonable technique and can sustain a rally. The sessions cover a revision of sound modern technique, introducing variations and tactical usage of spins e.g. top spins and slices.

Tots Tennis

New tennis courses for 3-4 year olds. An Introduction to tennis based in our studio. Sessions include a warm up, the basics of tennis, hitting, throwing and balancing skills. Courses cost £32 per child and sessions take place on Saturdays 9-9.45am.

4 week courses:

28th Feb – 21st March

18th April – 9th May

23rd May – 13th June

27th June – 18th July

12th September – 3rd October

7th – 28th November

Junior Tennis Programme

Children attending these sessions will have the opportunity to be entered into fun matches and competitions, to develop and improve their game. There is also an advanced squad which children may be invited to as they progress.

Age	Level	Day	Time	Cost
5-8 years	Beginners	Wednesday	5-6pm	£5.50 per session
9-15 years	Intermediate	Wednesday	6-7pm	£5.50 per session
5-8 years	Beginners	Saturday	10-11am	£5.50 per session
9-15 years	Intermediate	Saturday	11-12pm	£5.50 per session

These sessions are on a pay and play basis with a qualified coach. Groups

are limited to a maximum of 12 children per session. For more information please call 020 8871 7542.

Junior Tennis Courses

To book one of these courses please print and complete the booking form found on the Battersea Park Millennium Arena web page and send to the Millennium Arena along with a cheque for the correct amount.

Dates	Times	Time	Course code	Age
14 th – 17 th April	10am-12pm	£64	KT2a	5 to 8 years
	1pm-3pm	£64	KT2b	9 to 12 years
27 th – 30 th July	10am-12pm	£64	KT3a	5 to 8 years
	1pm – 3pm	£64	KT3b	9 to 12 years
17 th – 20 th August	10am-12pm	£64	KT4a	5 to 8 years
	1pm-3pm	£64	KT4b	9 to 12 years

Adult Tennis Programme

Adult Social Tennis

Level	Day	Time	Cost
Mixed	Monday	10-11.30am	£7.70
Mixed	Friday	10-11.30am	£7.70
Mixed (must be able to sustain a rally)	Friday	6-9pm	£8.75

Adult Club Night (April to September only)

Level	Day	Time	Cost
Intermediate	Tuesday	7-9pm	£10 per session
Advanced	Wednesday	7-9pm	£10 per session
Squad (by arrangement only)	Thursday	7-9pm	£10 per session

These sessions are on a pay and play basis, with a qualified coach. Groups are limited to a maximum of 12 participants. Members can book in advance.

Instant Tennis for Women

New ladies only courses for beginners and improvers. Starting in April 2009, 4 week courses will cover basic strokes and racket control, and developing technique and tactical awareness. Courses cost £75 per person and sessions will take place on Thursdays 10-11.30am.

Beginners	23 rd April – 14 th May
Intermediate	18 th June – 9 th July

Successful doubles

New course for doubles beginning in April 2009. A course of 4 sessions will cost £50 per person.

Intermediate	Monday 1 st – 22 nd June	7-8pm
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Adult Tennis Courses

To book one of these courses please print and complete the booking form found on the Battersea Park Millennium Arena web page and send to the Millennium Arena along with a cheque for the correct amount.

Beginner

Tuesday Evenings	Times	Cost	Course code
7 th April – 12 th May	7pm-8pm	£75	B1
2 nd June – 7 th July	8pm-9pm	£75	B5
28 th July – 1 st Sept	8pm-9pm	£75	B9
Wednesday Evenings			
8 th April – 13 th May	8pm-9pm	£75	B3
3 rd June – 8 th July	7pm – 8pm	£75	B6
29 th July – 2 nd Sept	7pm-8pm	£75	B10
29 th July – 2 nd Sept	9pm-10pm	£75	B11
Thursday Evenings			
9 th April – 14 th May	7pm-8pm	£75	B4
4 th June – 9 th July	8pm-9pm	£75	B13
30 th July- 3 rd Sept	8pm –9pm	£75	B12

Intermediate

Tuesday Evenings	Times	Cost	Course Code
7 th April – 12 th May	8pm-9pm	£75	IN1
2 nd June- 7 th July	7pm-8pm	£75	IN6
2 nd June – 7 th July	9pm-10pm	£75	IN7
28 th July – 1 st Sept	7pm – 8pm	£75	IN10
28 th July – 1 st Sept	9pm – 10pm	£75	IN11
Wednesday Evenings			
8 th April – 13 th May	7pm-8pm	£75	IN2
8 th April – 13 th May	9pm-10pm	£75	IN3
3 rd June – 8 th July	8pm-9pm	£75	IN8
29 th July – 2 nd Sept	8pm-9pm	£75	IN12
Thursday Evenings			
9 th April – 14 th May	8pm-9pm	£75	IN4
4 th June- 9 th July	7pm-8pm	£75	IN9
30 th July – 3 rd Sept	7pm-8pm	£75	IN13

Weekend Intensive Beginner

30 th & 31 st May	10am-1pm	£75	BW1
11 th & 12 th July	10am-1pm	£75	BW2
29 th & 30 th August	10am-1pm	£75	BW3

Weekend Intensive Intermediate

4 th & 5 th July	10am-1pm	£75	IW1
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1 st & 2 nd August	10am-1pm	£75	IW2
8 th & 9 th August	10am-1pm	£75	IW3