



Adult Tennis  
Programme  
Indoor and Outdoor  
Courses  
January - March  
2016



# Our Adult Tennis Programme

We are delighted to confirm that we will be offering indoor tennis coaching at the National Tennis Centre on Thursdays in addition to Mondays for the January to March term.

As per last term, members may book indoor courts on a pay & play basis on a Monday evening; there is an additional cost to hire the indoor courts of £20 per hour per court.

Indoor courts can be booked via our main reception. Terms and conditions apply.

Please note as with all courses, our indoor tennis courses are not available on an ad hoc basis - courses must be booked for the full period.

The Bank of England Sports Centre aims to offer a range of tennis courses for a variety of abilities. All adult tennis courses are taken by qualified and licensed coaches who provide lessons for beginners, improvers and the more advanced tennis players.

## GROUP COURSES

Adult group indoor tennis courses will operate on the basis of a maximum of 6 players to one coach. Outdoor tennis group courses will operate on the basis of a maximum of 8 players to one coach.

Courses run for a number of consecutive weeks and members are required to complete the application form at the back of this booklet to make a booking on any of our group tennis courses.

Please complete the application form for Adult Tennis Group Courses and return it to Reception as soon as possible; please note there is no need to return the form for the Pay & Play sessions or Social Tennis. To book an indoor tennis court or book a place on Social Tennis or Ladies Morning, simply contact reception.

FOR MORE INFORMATION ON ANY OF THE FOLLOWING COURSES PLEASE CONTACT [TENNIS@BANKOFENGLAND.CO.UK](mailto:TENNIS@BANKOFENGLAND.CO.UK) CLEARLY STATING IN THE SUBJECT FIELD WHICH COURSE ABILITY YOU ARE ENQUIRING ABOUT.



# TENNIS BOOKING PROCEDURES & CONDITIONS

1. In the interests of safety and quality of instruction there will be a maximum number of adults in any course as stated in the course information.
2. Places on all courses are offered to members only.
3. Once a booking has been confirmed, a credit will only be issued for medical reasons on sight of a doctor's certificate. If this is prior to commencement of the course a full credit will be possible, if the course has already started a proportion of the fees paid may be credited.
4. The Bank of England Sports Centre reserves the right to cancel a course if the number of applications is lower than is needed to make the course viable.
5. The Bank of England Sports Centre reserves the rights to alter the course date/time if necessary. A credit will be given if you are unable to attend the new date/time.
6. Spectators will not be permitted on courtside.
7. Payment for all courses can be made by cheque or by credit/debit card at reception. Acceptance onto any course will be subject to handing in a duly completed application form together with the relevant course fees.
8. All courses are offered for the full duration of the course and not available on an ad hoc basis.
9. For outdoor courses, please contact reception in the event of inclement weather.
10. When booking an indoor court for pay & play, there is an additional cost to hire the indoor court of £20 per hour per court. Payment for an indoor court must be made via our reception at the time of booking. Bookings of indoor courts can be made up to 1 week in advance. In addition, you must confirm the names of every member using the court. Credits will only be issued for medical reasons on sight of a doctor's certificate.
11. If a member wishes to introduce a guest for play on the indoor tennis court, the relevant guest fee should be paid at reception prior to play.



# INDOOR TENNIS - COURSES and PAY & PLAY

These courses will run for 10 weeks indoors at the National Tennis Centre. Courses begin on Monday 4<sup>th</sup> January and conclude on Thursday 17<sup>th</sup> March.

## **BEGINNER - INDOORS!!**

This 10 week course is designed for beginners. Do you play a handful of times a year or perhaps you haven't played for the last couple of years? You can hit the ball over the net and in the court to have a short rally with a partner but you still make quite a few mistakes? Then this Beginners course is for you!

Course code	Day	Time	Dates	Cost
ADINBEGTHUR1	Thursday	8.00pm - 9.00pm	07/01/16 - 17/03/16	£154.50
ADINBEGTHUR2	Thursday	9.00pm - 10.00pm	07/01/16 - 17/03/16	£154.50

## **IMPROVERS - INDOORS!!**

Do you play or did you used to play fairly regularly during the summer? You can not only get the ball over the net and are comfortable with forehands and backhands, but can also control the direction of the ball? You know where to stand and how to score? Then the Improvers course is for you!

Course code	Day	Time	Dates	Cost
ADINIMPMON1	Monday	8.00pm - 9.00pm	04/01/16 - 14/03/16	£154.50
ADINIMPMON2	Monday	9.00pm - 10.00pm	04/01/16 - 14/03/16	£154.50
ADINIMPTHUR	Thursday	8.00pm - 9.00pm	07/01/16 - 17/03/16	£154.50

## **INTERMEDIATE - INDOORS!!**

Do you play a lot of tennis? Do you have consistent groundstrokes and know how to create opportunities to attack and win points? Do you play friendly matches? If so, then the Intermediate course is what you need!

Course code	Day	Time	Dates	Cost
ADINDINTMON1	Monday	8.00pm - 9.00pm	04/01/16 - 14/03/16	£154.50
ADINDINTMON2	Monday	9.00pm - 10.00pm	04/01/16 - 14/03/16	£154.50
ADINDINTTHURS2	Thursday	9.00pm - 10.00pm	07/01/16 - 17/03/16	£154.50

## **BOOKING INDOOR COURTS ON A PAY & PLAY BASIS**

There is an additional cost to hire the indoor courts of £20 per hour per court. Indoor courts can be booked via our main reception. Terms and conditions apply.

Court	Day	Time	Dates	Cost per court per hour
Indoors at National Tennis Centre	Monday	8.00pm - 10.00pm	5 <sup>th</sup> January onwards	£20

**Please note that there will be no lessons on Monday 15<sup>th</sup> or Thursday 18<sup>th</sup> February as this is half term week.**



# OUTDOOR TENNIS COURSES

These courses will run for 4 weeks outside on the all-weather floodlit tennis courts. Courses begin on Wednesday 24<sup>th</sup> February and conclude on Wednesday 16<sup>th</sup> March.

## **INTERMEDIATE - OUTDOORS**

Do you play a lot of tennis? Do you have consistent groundstrokes and know how to create opportunities to attack and win points? Do you play friendly matches? If so, then the Intermediate course is what you need!

<i>Course code</i>	<i>Day</i>	<i>Time</i>	<i>Dates</i>	<i>Cost</i>
ADOUTINTE	Wednesday	7.30pm - 8.30pm	24/02/16 - 16/03/16	£41.20

## **ADVANCED - OUTDOORS**

This 4 week course is designed for people who have attended INTERMEDIATE/IMPROVER and are ready for the next step. The course will reinforce core techniques of the shots and introduce spins into play, and it will also focus on playing the game and the use of varied tactics to improve ability.

<i>Course code</i>	<i>Day</i>	<i>Time</i>	<i>Dates</i>	<i>Cost</i>
ADOUTINTE	Wednesday	8.30pm - 9.30pm	24/02/16 - 16/03/16	£41.20

# OUTDOOR SOCIAL TENNIS AND PAY & PLAY LADIES MORNING SESSIONS

These sessions will run from week commencing Tuesday 5<sup>th</sup> January. These are NOT COURSES; pre-booking for each session is required via reception but on a weekly, rather than course basis. These sessions take place outside on the all-weather floodlit tennis courts.

## **SOCIAL TENNIS OUTDOORS**

These sessions take place each week and enable members to meet other members of a similar standard and enjoy a game of singles and/or doubles with them. A coach will be present at the Social Tennis to advise, participate in a doubles match if required and assist with organisation. These sessions are free of charge but pre-booking via reception is required. Please note that this is not a coaching session; it is an opportunity to play with members of a similar standard. For tennis coaching, please do sign up to one of the Adult Group courses on offer.

<i>Day</i>	<i>Time</i>
Tuesday	8.00pm - 9.30pm starting 05/01/16
Friday	10.30am - noon starting 08/01/16

## **LADIES MORNING PAY & PLAY OUTDOORS**

These sessions take place on a weekly basis and pre-booking is required via reception.

<i>Day</i>	<i>Time</i>	<i>Cost</i>
Thursday	10.00am - 11.30am starting 07/01/16	£12.15 per session

FOR MORE INFORMATION, CONTACT [TENNIS@BANKOFENGLAND.CO.UK](mailto:TENNIS@BANKOFENGLAND.CO.UK)  
CLEARLY STATING WHICH COURSE YOU ARE ENQUIRING ABOUT



# ADULT TENNIS INDOOR & OUTDOOR COURSES JANUARY - MARCH APPLICATION FORM

**(form not required for Indoor court Pay & Play bookings, Social Tennis or Ladies Morning)**

NAME: \_\_\_\_\_ MEMBERSHIP NO: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_ POSTCODE: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ (W) \_\_\_\_\_ (M)

E-MAIL ADDRESS: \_\_\_\_\_

ANY MEDICAL INFO: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

IF YOU ARE APPLYING FOR MORE THAN ONE COURSE, PLEASE LIST CLEARLY (BLOCK CAPITALS) ALL OF THE COURSES, WHICH YOU WISH TO APPLY FOR USING THE INFORMATION PROVIDED.

Name	Course Code	INDOOR / OUTDOOR	Start Date	Cost

- Cheques should be made payable to 'The Bank of England Sports Centre' for all courses. Alternatively you may pay by credit/debit card at reception.
- Places are limited so please forward your completed forms with payment before the relevant closing date.
- Forms should be returned to:  
Bank of England Sports Centre  
Priory Lane  
London, SW15 5JQ  
Please mark your envelope **ADULT TENNIS**.
- Email [tennis@bankofengland.co.uk](mailto:tennis@bankofengland.co.uk) with any queries

Date Received:

Initials: