



Adult Racquet Programme Squash Course & Indoor and Outdoor Tennis Courses

April - July 2018



OUR ADULT RACQUET PROGRAMME

As per last term, members may book indoor tennis courts on a pay & play basis at the National Tennis Centre on a Monday evening; there is an additional cost to hire the indoor courts at the National Tennis Centre of £20 per hour per court. Indoor courts at the National Tennis Centre can be booked via our main reception. Terms and conditions apply.

Please note as with all courses, our racquet 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 racquet courses for a variety of abilities. All adult racquet courses are taken by qualified and licensed coaches who provide lessons for beginners, improvers and the more advanced players.

GROUP SQUASH COURSE

Our Adult group squash course will take place in the Bank of England Sports Centre squash courts.

GROUP TENNIS COURSES

Indoor tennis courses at the National Tennis Centre and outdoor tennis courses will take place on the hard courts.

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 racquet courses.

For more information on any of the following squash courses, please contact christopher.sweet@bankofengland.co.uk clearly stating "Group Squash Course" in the subject field.

For more information on any of the following tennis courses, please contact tennis@bankofengland.co.uk clearly stating in the subject field which course you are enquiring about.

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



RACQUET SPORT 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 right 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. When handing in your completed application form with payment, please provide us with your email address to enable us to confirm receipt of your request.
9. All courses are offered for the full duration of the course and not available on an ad hoc basis.
10. For outdoor tennis courses, please contact reception in the event of inclement weather.
11. When booking an indoor tennis court for pay & play at the National Tennis Centre, 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.
12. If a member wishes to introduce a guest for play on the indoor tennis court at the National Tennis Centre, the relevant guest fee should be paid at reception prior to play.



ADULT SQUASH COURSE

The adult squash courses will run for 10 weeks. Courses will take place in the squash courts at the Bank of England Sports Centre on Saturday mornings from 10.30am - 12.00pm.

The course will begin on Saturday 28th April and it will conclude on Saturday 7th July.

Run by our England Squash Qualified Coach, this course aims to introduce the sport to beginners and is open to members aged 16yrs and above.

This adult squash course is designed for beginners. Do you play a game of squash every now and then? Are you keen to improve your technical understanding of the game?

If so, then why not sign up to our new Adult Squash course. Each week, a different technical dimension of the sport will be covered along with fitness and matchplay.

<i>Course code</i>	<i>Day</i>	<i>Location</i>	<i>Time</i>	<i>Dates</i>	<i>Cost</i>
ADSQUBEG	Saturday	Squash Courts	10.30am - 12.00pm	28/04/18 - 07/07/18	£125.00

N.B. Please note that there will be no lesson on Saturday 26th May as this is half term week.

FOR MORE INFORMATION ABOUT THE NEW SQUASH COURSE, PLEASE CONTACT CHRISTOPHER.SWEET@BANKOFENGLAND.CO.UK CLEARLY STATING "ADULT SQUASH COURSE" IN THE SUBJECT FIELD



TENNIS COURSES, TENNIS CLINICS and PAY & PLAY

The adult tennis courses will run for 11 weeks. Indoor courses will take place at the National Tennis Centre on Monday evenings.

Outdoor courses will take place on the hard courts at the Bank of England Sports Centre on Thursday evenings.

Courses begin on Monday 16th April and conclude on Monday 9th July.

BEGINNERS

This 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	Location	Time	Dates	Cost
ADBEG	Thursday	Outdoors	8.00pm - 9.00pm	19/04/18 - 05/07/18	£124.85

IMPROVERS

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	Location	Time	Dates	Cost
ADIMPMON1	Monday	Indoors NTC	8.00pm - 9.00pm	16/04/18 - 09/07/18	£183.70
ADIMPMON2	Monday	Indoors NTC	9.00pm - 10.00pm	16/04/18 - 09/07/18	£183.70
ADIMPTHURS	Thursday	Outdoors	8.00pm - 9.00pm	19/04/18 - 05/07/18	£124.85

INTERMEDIATE

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	Location	Time	Dates	Cost
ADINTMON1	Monday	Indoors NTC	8.00pm - 9.00pm	16/04/18 - 09/07/18	£183.70
ADINTMON2	Monday	Indoors NTC	9.00pm - 10.00pm	16/04/18 - 09/07/18	£183.70
ADINTTHURS	Thursday	Outdoors	9.00pm - 10.00pm	19/04/18 - 05/07/18	£124.85

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 NTC	Monday	8.00pm - 10.00pm	Monday 16 th April onwards	£20

N.B. Please note that there will be no lessons on Monday 7th May due to the early Bank Holiday or Monday 28th and Thursday 31st May due to half term.



OUTDOOR SOCIAL TENNIS AND PAY & PLAY LADIES MORNING SESSIONS

These sessions will run from week commencing Monday 11th September. 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. These sessions take place on the all-weather tennis courts.

<i>Day</i>	<i>Time</i>
Tuesday	8.00pm - 9.30pm starting 17/04/18
Friday	10.30am - noon starting 20/04/18

LADIES MORNING PAY & PLAY OUTDOORS

These sessions take place on a weekly basis and pre-booking is required via reception. These sessions take place on the all-weather tennis courts.

<i>Day</i>	<i>Time</i>	<i>Cost</i>
Thursday	10.00am - 11.30am starting 19/04/18	£12.85 per session

FOR MORE INFORMATION ABOUT ANY ASPECT OF TENNIS GROUP COACHING, PLEASE CONTACT TENNIS@BANKOFENGLAND.CO.UK CLEARLY STATING WHICH COURSE YOU ARE ENQUIRING ABOUT



ADULT RACQUET COURSES APRIL - JULY 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** for tennis or **ADULT SQUASH** for squash.
- Email tennis@bankofengland.co.uk with any tennis queries or Christopher.sweet@bankofengland.co.uk with any squash queries

Date Received:

Initials: