



1 to 1 Lessons

One to one lessons, thirty minutes of tuition by our most experienced teachers will help to accelerate your child's learning. 100% attention and immediate feedback can produce remarkable results for any ability level.

Like all our lessons, a broad range of skills are covered while we carefully step through the strokes, adjusting the pace to the pupil.

You may also use the one to one slots to help your child through a particular skill they may be struggling to conquer: somersaulting, diving or any part of a stroke.

We also offer Adult tuition for all ages and abilities.



Tennis Camps

Our tennis camps provide intensive expert tuition within a safe and fun environment. All areas of the game can be focused on and improved; whether it is footwork, shots or match/point play.

Bookings are flexible; children can attend for one off sessions or for the whole week.

Tennis Camp format:

Morning Sessions
09:00-12:00

Instructor: Patrick

Children should wear weather appropriate clothing and footwear.

Please bring a water bottle and snack.

Please bring suitable clothing to play in showery weather, but if unplayable we will take the players inside to work on other areas of their games such as volleys, footwork and technique.

Dates/Times/Prices

1 to 1

Swimming Lessons

Mon 21 Oct—Fri 25 Oct

08:30-11:00

with Claudiu

£30 per

30 minute lesson

Tennis Camps

Mon 21 Oct—Fri 25 Oct

09:00-12:00

Each day

£30 per session



Swimming: Group Crash Courses

During the holidays our Swim School offers fun, safe and educational week-long swimming lessons for children of all ages and abilities. Providing tuition on swimming techniques and water skills, we aim to provide pupils with the confidence and skills to improve and develop their swimming abilities.

Swimming Crash Courses offer a 1 to 4 teacher to pupil ratio and provide pupils with more individual attention and a faster learning rate.

Class Abilities:

Beginner (Leys Level 1)

Non-swimmers who cannot swim more than 1 metre independently without floats.

Beginner + (Leys Level 1+)

Swimmers who can swim between 2-10 metres independently without floats

Instructor: Claudiu



Waterpolo/ Fun Session

These sessions are designed to introduce the sport of water polo to children. The intent is to provide basic skills and understanding of the sport in a recreational format. Although water polo is known for its toughness and endurance, Intro to waterpolo harnesses all the fun, dynamic aspects of the game in a safe, easy to learn aquatic experience that will motivate kids to swim and stay fit. They will end with a pool fun session.

Instructor: Claudiu

Dates/Times/Prices

Group Crash Course Swimming Lessons

Mon 21 Oct—Fri 25 Oct
with Claudiu

£50 for
5x 30 minute lessons

Lesson Times:
11:00-11:30 Beginner
11:30-12:00 Beginner+

Waterpolo/ Fun

Mon 21 Oct & Wed 23 Oct

13:00-14:30

Each day

£15 per Child

With Claudiu



Junior Racquets

Children (8-15yrs) can hire our racquet courts at a discounted pay per visit rate of £5 per court.

Racquet sports include:

Squash, Tennis, Badminton and Table Tennis.

The fee includes hire of all equipment hire.

We have experienced staff available to provide beginners with coaching tips and sport inductions including match play, game rules and other specific skills.

We can assist in finding a partner if your child is interested in trying a racquet sport but does not have someone to play with.

Parents are welcome to join their children and play at this discounted rate.

Courts are subject to availability and must be booked in advance by contacting Reception (details below)

Squash 101 with David Silk

For 8 –14 Year olds

These sessions are designed to introduce children to the sport of Squash. Led by our experienced Head of Squash, David Silk, this will provide a fun and engaging introduction to the sport.

The session will suit absolute beginners or those that are just starting to learn the sport.

David can provide a pathway and advice for those that may want to continue playing after the session.

Depending on numbers parents may also have a opportunity to join in if they are interested.



Dates/Times/Prices

Junior Racquets

All School Holidays*

Monday—Friday

7am-5pm

£5 per court per hour

*excluding Bank Holidays

Squash 101

Tue 22 Oct & Thu 24 Oct

14:00-16:00

£20 per Child

with David Silk

To book any places,
please call or email the
Sports Complex



Junior Fitness

Children (8-15yrs) can now join and use our cardio fitness suite. On joining, children will receive an induction from our fitness instructors. This will provide them with a familiarisation of the area and equipment. Instructors will also give advice on safe training techniques and training programmes.

School Holidays & Weekends before 12:00pm

Please contact us for more information or to book an induction

Dates/Times/Prices

Junior Fitness

School Holidays & Weekends

Induction £10

Session use: £2.50