



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 16 Dec—Fri 20 Dec

08:30-11:00

with Claudiu

£30 per

30 minute lesson

Tennis Camps

Mon 16 Dec—Fri 20 Dec

09:00-12:00

Each day

£30 per session

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



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.

Instructor: Claudiu

Dates/Times/Prices

Group Crash Course Swimming Lessons

Mon 16 Dec—Fri 20 Dec
with Claudiu

£50 for
5x 30 minute lessons

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

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



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)



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 Racquets

All School Holidays*

Monday—Friday

7am-5pm

£5 per court per hour

*excluding Bank Holidays

Junior Fitness

School Holidays & Weekends

Induction £10

Session use: £2.50

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