

Private lessons

Group and individual lessons provide players with the opportunity of more tailored coaching with the added advantage of flexible lesson times. Lessons are arranged directly with the coach at suitable times. Listed below are prices for individual lessons. Please call for private group lesson rates.

	1/2 Hour	1 Hour
Level 3 Coach	£18	£28
Tennis Manager	£20	£30
Tennis Director	£24	£40



Contact 01256 358816
tt@totallytennis.co.uk

Adult Coaching Programme



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Welcome to Totally Tennis adult coaching programme at Hampshire Court. Our experienced LTA qualified and licensed coaches run sessions for all abilities, from beginner to advanced players.

See below the sessions that are suitable to you.

Adult Programme



*Cardio Tennis

This session is for the fitness enthusiast. Cardio Tennis is a series of tennis-based drills and activities played to up-tempo music on a tennis court. It does not require tennis skills, and is all about keeping your heart rate up, burning calories and having fun. Whether the ball goes in or out is irrelevant as the main purpose is to get fit.

Wednesday 6:30pm – 7:30pm, Thursday 7:30pm – 8:30pm. Cost: FREE

*Ladies Morning

This session provides a healthy mixture of coaching and social matchplay. An excellent opportunity to enjoy tennis in a relaxed and fun atmosphere.

Wednesday 9:30am – 11:00am, Cost: £10

*Drills

The adult Drills sessions are highly energetic, designed to increase overall fitness and improve a player's game, An excellent way to practice strokes and tactics.

Monday 11am – 12pm

Tuesday 7pm – 8pm,

Cost: £6.50

Men's & Ladies Club Session

Club sessions provide match play in a relaxed atmosphere for club members. **Men Monday's 8:30pm**

Ladies: Monday's 7pm, Tuesday & Thursday's 9:30am



Beginners Course

A step by step course designed to help you learn or improve your game. Players are provided with a sound knowledge of the basic strokes and tactics, and by the end of the course you'll have improved confidence on the tennis court.

Thursday 6:30pm – 7:30pm Cost: £60

*Match Play

Designed for the more experienced player who wants to add something new to their game, not working too much on the basic shots but teaching more specialised strokes & tactics for doubles and singles. If you are not confident on the basics, try the beginner's course first.

Wednesday 7:30pm – 9:00pm Cost: £6.50



Adult Club Night

This session will allow players to improve all aspects of their game. Each session will consist of a tactical theme which will be coached through a series of drills and open games; this will then be put into practice with matchplay.

Friday 7pm – 9pm, Cost: Free

totally tennis 

*Coached Sessions

***For all pay and play sessions you can now purchase loyalty cards.**

Pay for 9 sessions and get a 10th session FREE!!!*

(T&C apply, excludes individual lesson)