

| Days | Group | Times | ADULT TENNIS COACHING |
|--------|---------------------|-------------|----------------------------------|
| Sunday | Adult beginners | 11am - 12pm | Tennis member £5 per session. |
| Sunday | Adult intermediate+ | 10am - 11am | Tennis non-member £8 per session |

| Days | Group | Times | TENNIS CLUB SOCIAL SESSIONS |
|-----------|----------------------|--------------|-----------------------------------|
| Wednesday | Junior Social Tennis | 5pm - 6.30pm | Tennis members £2.00 per session. |
| Wednesday | Adult Social Tennis | 6.30pm - 8pm | Tennis non-member £5 per session. |

| Days | Group | Times | ADULT SOCIAL TENNIS MORNINGS |
|-----------|-------|-------------|--|
| Monday | Men | 10am - 12pm | £5.10 per session - Pay and play and meet new people, equipment provided. Indoor table tennis, and tea and coffee also available. |
| Wednesday | Mixed | 10am - 12pm | |
| Friday | Women | 10am - 12pm | |

| Days | Group | Times | JUNIOR TENNIS COACHING |
|----------|------------------|-------------|--|
| Tuesday | Red 5 - 7yrs | 4pm - 5pm | Tennis member £5 per session. Tennis non-member £8 per session or £52 for 10 weeks. Come and try your first session for free! |
| Tuesday | Orange 8 - 9yrs | 5pm - 6pm | |
| Tuesday | Green 10 - 15yrs | 6pm - 7pm | |
| Saturday | Red 5 - 7yrs | 12pm - 1pm | |
| Saturday | Orange 8 - 9yrs | 11am - 12pm | |
| Saturday | Green 10 - 15yrs | 10am - 11am | |

HOW TO FIND US

Noak Hill Sports Complex

Noak Hill Road,
Romford RM3 7YA

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