



THE LENSURY

# Adult Tennis Coaching

5th January - 29th March

Level	Day	Timings
Level 1 Sessions (Beginner)	Monday	6.30-7.30pm
	Tuesday	6.30-7.30pm
Level 2 Sessions (Beginner/Improver)	Monday	10.00-11.00am
	Tuesday	10.30-11.30am
	Tuesday	11.30-12.30pm
	Thursday	7.30-8.30pm
	Friday	9.30-10.30am
	Wednesday	7.00-8.00pm
Level 3 Sessions (Lower Intermediate)	Thursday	9.30-10.30am
	Friday	2.00-3.00pm
	Sunday	9.15-10.15am
	Monday	9.00-10.00am
Level 4 Sessions (Higher Intermediate)	Tuesday	9.30-10.30am
	Wednesday	9.30-10.30am
Level 5 Sessions (Advanced)	Tuesday	9.30-10.30am
	Thursday	9.30-10.30am
	Thursday	10.30-11.30am
	Monday	9.30-11.00am
Level 6 Sessions (Advanced Club Teams)	Wednesday	8.00-9.00pm
	Wednesday	6.30pm-7.30pm
5th Team Training	Wednesday	7.30pm-8.30pm
6th Team Training	Wednesday	11.30-12.30pm

If you're interested in joining the programme at any stage, please contact [tennis.manager@lensbury.com](mailto:tennis.manager@lensbury.com) or call 020 8614 6412.