



TENNIS

Bede's Tennis Academy offers students the opportunity to improve their tennis technique with and without the racket. There will be sessions that will specifically look at offensive and defensive actions as well as how to position and improve tennis ability.

OBJECTIVES

- To establish ball sense skills and apply them to tennis
- To use first and second serves effectively
- To learn about court positions and where to stand when competing
- To become more tactically aware and effective in playing the game of tennis
- To develop match play techniques, skills and fitness
- To practice specific techniques to enhance consistency
- To improve students' standard of game play
- To broaden vocabulary relating specifically to tennis.

SUMMARY

CENTRES	Eastbourne, Windlesham, Royal Russell, Dicker and Lancing (6–17 years)
VENUE	Outdoor hard tennis courts on-site
HOURS	4½ hours per week (3x 1½ hour sessions)
DAYS	3 days a week
LEVELS	Beginner, Elementary, Intermediate and Advanced
INSTRUCTION	One coach per 10 students
FEE	£275 per week
DATES	Eastbourne, Windlesham, Royal Russell and Lancing – All Weeks Dicker – Week 3: 13/07/2025 Week 4: 20/07/2025 Week 5: 27/07/2025 Week 6: 03/08/2025

Minimum number of students is required for the Academy to run. If an Academy is cancelled, a refund will be given.