

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	Easter Programme, Eastbourne, Windlesham, Dicker and Lancing (6–17 years)	DAYS	Tuesday, Thursday and Friday
VENUE	Outdoor hard tennis courts on-sites	LEVELS	Beginner, Elementary, Intermediate and Advanced
HOURS	4½ hours per week (3x 1½ hour sessions)	INSTRUCTION	One coach per 10 students
DATES	Eastbourne, Windlesham and Lancing – All Weeks Easter Programme – Week 1: 22/03/2026 Week 2: 29/03/2026 Week 3: 05/04/2026 Dicker – Week 1: 28/06/2026 Week 5: 26/07/2026 Week 6: 02/08/2026 Week 7: 09/08/2026	FEE	£295 per week

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