



Enjoy simple sign-up, easy monthly payments and a passionate coaching team focused on community, development and enjoyment. Develop a sport for life, delivered with excellence — learn the Lansdown way.

Our weekly coaching programme delivers consistent, high-quality sessions for all ages and abilities.

Prices are MONTHLY, course details found below. To book please email, call reception or visit us at the club.

Please see our yearly calendar for weekly coaching from September 2026 onwards – [2026&2027 Annual Schedule](#)

Adults					
Sessions		Time	Duration	Member	Non-Member
Tuesday	Basket Drills	9:30 AM	1 hour	£41	£50
Thursday	Cardio	2:00 PM	1 hour	£41	£50
Friday	Cardio	2:00 PM	1 hour	£40	£49
Monday	Starter	9:30 AM	90 mins	£56	£67
Thursday	Starter	1:00 PM	1 hour	£41	£50
Tuesday	Club Improver	1:00 PM	1 hour	£41	£50
Wednesday	Club Improver	9:30 AM	90 mins	£60	£71
Thursday	Club Improver	9:30 AM	90 mins	£60	£71
Friday	Club Improver	1:00 PM	1 hour	£40	£49
Thursday	Advanced	6.30 PM	90 mins	£60	£71
Friday	Advanced	9:30 AM	90 mins	£58	£69

Parent & Toddler 3-4 years old (Indoor Squash Court)					
Sessions		Time	Duration	Member	Non-Member
Tuesday	P&T	9:30 AM	1 hour	£40.00	£45.00
Thursday	P&T	9:30 AM	1 hour	£40.00	£45.00

Reds 5-7 Years Old					
Sessions		Time	Duration	Member	Non-Member
Monday	Club Improver	4:00 PM	1 hour	£39.00	£48.00
Tuesday	Club Improver	4:00 PM	1 hour	£41.00	£50.00
Wednesday	Club Improver	4:00 PM	1 hour	£41.00	£50.00
Thursday	Club Improver	4:00 PM	1 hour	£41.00	£50.00
Friday	Club Improver	4:00 PM	1 hour	£40.00	£49.00
Saturday	Club Improver	9:00 AM	1 hour	£40.00	£49.00

Orange 8-9 Years Old					
Sessions		Time	Duration	Member	Non-Member
Monday	Club Improver	5:00 PM	1 hour	£39.00	£48.00
Tuesday	Club Improver	4:00 PM	1 hour	£41.00	£50.00
Thursday	Club Improver	4:00 PM	1 hour	£41.00	£50.00

Friday	Club Improver	4:00 PM	1 hour	£40.00	£49.00
Saturday	Club Improver	9:00 AM	1 hour	£40.00	£49.00
Monday	ADV	4:30 PM	90 mins	£56.00	£67.00
Wednesday	ADV	4:30 PM	90 mins	£60.00	£71.00

Green 9-10 Years Old					
Sessions		Time	Duration	Member	Non-Member
Tuesday	Club Improver	4:00 PM	1 hour	£41.00	£50.00
Wednesday	Club Improver	5:00 PM	1 hour	£41.00	£50.00
Thursday	Club Improver	4:00 PM	1 hour	£41.00	£50.00
Friday	Club Improver	4:00 PM	1 hour	£40.00	£49.00
Saturday	Club Improver	10:00 AM	1 hour	£40.00	£49.00
Monday	ADV	4:30 PM	90 mins	£56.00	£67.00
Wednesday	ADV	4:30 PM	90 mins	£60.00	£71.00

12&U / 14&U Juniors					
Sessions		Time	Duration	Member	Non-Member
Tuesday	Club Improver	5:00 PM	1 hour	£41.00	£50.00
Thursday	Club Improver	5:00 PM	1 hour	£41.00	£50.00
Saturday	Club Improver	10:00 AM	1 hour	£40.00	£49.00
Friday	Games & Matches	6:00 PM	1 hour	£40.00	£49.00
Saturday	Games & Matches	11:00 AM	1 hour	£40.00	£49.00
Tuesday	ADV	5:00 PM	90 mins	£60.00	£71.00
Thursday	ADV	5:00 PM	90 mins	£60.00	£71.00

16&U /18&U Juniors					
Sessions		Time	Duration	Member	Non-Member
Tuesday	Club Improver	6.30 PM	1 hour	£41.00	£50.00
Friday	Club Improver	5:00 PM	1 hour	£40.00	£49.00
Friday	Games & Matches	6.00 PM	1 hour	£40.00	£49.00
Saturday	Games & Matches	11:00 AM	1 hour	£40.00	£49.00
Monday	ADV	6.00 PM	90 mins	£56.00	£67.00
Wednesday	ADV	6.00 PM	90 mins	£60.00	£71.00

Course Information & Descriptions

Adults & Juniors (11+)

Basket Drills - High-energy, Spanish-style coach-fed drills. Footwork, patterns, tactics, serving — fast, fun, addictive.

Cardio – Similar to Basket Drills, with added speed, strength, agility and fitness drills. Orange balls used. Also, great for beginners and fitness fanatics.

Club Starter - Perfect for new players or anyone dusting off their racket. Confidence-building and back-to-basics brilliance.

Club Improver - For intermediates ready to level up. Doubles-focused coaching with tactical singles sprinkled in.

Club ADV - Advanced tactics, game styles, mental skills. Continental grip serving, confident net play, attacking and defending with variety.

G&M (Games & Matches) - All abilities welcome. Coach-led matchplay, tactical challenges, team games and competitive fun. A true club environment.

10&U Mini-Tennis (10&U)

Parents and Tots- Fun, active sessions that build early movement and coordination. Parents join in, learning fundamentals together in a safe indoor space. A brilliant way to meet other young families.

Club Improver - Ideal for beginners, improvers and recreational players. Once or twice a week — learn the fundamentals and build strong foundations.

ADV - For committed players, training 2–3 times weekly. Looking to compete or competing regularly. Pushing for county level or already representing their county.

G&M (Games & Matches) - All abilities welcome. Coach-led matchplay, tactical challenges, team games and competitive fun. A true club environment.

How the monthly direct debit works

Understanding Direct Debit Tennis - Customers will be charged for group coaching monthly. Coaching in 2026/27 will take place over 42 weeks in the year. Some weeks will be fewer to allow for bank holidays, (sessions on Monday, Friday and Saturday will appear less due to less sessions). Pricing is calculated over the entire year and then divided into 11 monthly instalments, with the exclusion of August to allow for a natural break for the Summer. Players can start at any time throughout the year. Players can stop coaching with one month's notice.