

## SPORTING BIRTHDAY PARTIES

Tennis or a variety of fun & games...races, egg & spoon & other activities suitable for the children's age

1 coach

- 1-12 children 3 - 6 years old
- 1-16 children 7 years and above

1 hour £98

1.5 hour £126

1 coach + assistant

- 13-24 children 3-6 years old
- 17-24 children 7 years and above

1 hour £126

1.5 hour £168

Facility hire charge 30 minutes £60



Please mention to your school that our facilities are available for hire during the day....

12 tennis courts

4 mini courts for little smashers

Pavilion with café

Schools coaching programme

rocks lane multi sports centres

Bishops Park Tennis Centre  
Bishops Park Road, Fulham  
London SW6 6DZ  
Telephone 020 7736 3854

## Adult Tennis

### PRIVATE & SHARED TENNIS LESSONS

Lesson for 1 1 lesson £40.00  
10 lessons £380.00

Shared lesson for 2 1 lesson £42.00  
10 lessons £400.00

Shared lesson for 3 1 lesson £45.00  
10 lessons £420.00

### TENNIS LADDER

If you wish to join a competitive tennis ladder please call us on 020 7736 3854 for full details.

### GROUP LESSONS

Improvers Level 4 week course £48.00

#### Mondays

12 September - 3 October 19.00 - 20.00

10 October - 31 October

7 November - 28 November

#### Thursdays

15 September - 6 October 19.00 - 20.00

13 October - 3 November

10 November - 1 December

These courses will cover a variety of topics over the 4 weeks including

1. Backhand & Forehand
2. Serve & Return
3. Volley & Smash
4. Drills & Games

Weekend 6 hour Intensives £72.00

Saturday & Sunday 14.00 - 17.00

All levels of play welcome!

24/25 September, 15/16 October

19/20 November

Lesson prices include both VAT at 20% and court fee £9.00 floodlit £13.50

**Please note** No refunds will be given once tennis court bookings have been paid for. A credit will be given if you cancel and your court is re-sold

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### BOOK A TENNIS COURT

- The advance booking scheme is free to join
- Then buy minimum of 10 credits with no expiry date
- These credits are redeemable for either day time or floodlit tennis courts
- Simply phone to book

### Advanced booking scheme charges

Number of credits	Total cost	Cost per hour Daylight 2 credits	Cost per hour Floodlight 3 credits
10	£35.00	£7.00	£10.50
20	£70.00	£7.00	£10.50

### Turn up on the day and play

Daylight per hour £9.00

Floodlight per hour £13.50

### CARDIO TENNIS SESSIONS

Cardio Tennis includes warm-up, cardio workout & cool down phases. It's great for getting in shape and burning calories. There are drills for absolute beginners to advanced players, all providing a hugely fun cardio workout while improving skill. Come and give it a whirl!

Sessions: Saturday 12.00 noon - 1.00pm  
£10.00 per session.

### We are experienced at hosting...

- Company team building events, ideal for improving staff motivation
- Corporate tournaments
- Tennis tournament as part of your stag or hen celebrations
- Adult birthday parties
- We organise tournaments, trophies and presentations

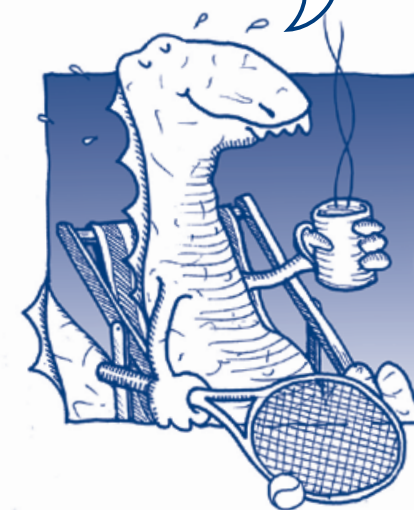


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# tennis programme

Bishops Park Fulham Autumn 2011

We are taking bookings from 30th August



rocks lane  
multi sports centres

working with **h&f**  
hammersmith & fulham

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## JUNIOR TENNIS PROGRAMME

Monday 12 Sept - 12 Dec		
3 - 4 years	14.15 - 15.00	£97.50
3 - 4 years	15.15 - 16.00	£97.50
5 - 7 years	16.00 - 16.45	£97.50
8 - 11 years	16.45 - 17.45	£104.00

Tuesday 13 Sept - 13 Dec		
3 - 4 years	14.15 - 15.00	£97.50
3 - 4 years	15.15 - 16.00	£97.50
5 - 7 years	16.00 - 16.45	£97.50
8 - 11 years	16.45 - 17.45	£104.00
12 - 17 years	17.45 - 18.45	£104.00

Wednesday 14 Sept - 14 Dec		
3 - 4 years	14.15 - 15.00	£97.50
3 - 4 years	15.15 - 16.00	£97.50
5 - 7 years	16.00 - 16.45	£97.50
8 - 11 years	16.45 - 17.45	£104.00

Thursday 15 Sept - 15 Dec		
3 - 4 years	14.15 - 15.00	£97.50
3 - 4 years	15.15 - 16.00	£97.50
5 - 7 years	16.00 - 16.45	£97.50
8 - 11 years	16.45 - 17.45	£104.00
12 - 17 years	17.45 - 18.45	£104.00

Friday 16 Sept - 16 Dec		
3 - 4 years	14.15 - 15.00	£97.50
3 - 4 years	15.15 - 16.00	£97.50
5 - 7 years	16.00 - 16.45	£97.50
8 - 11 years	16.45 - 17.45	£104.00

Saturday 10 Sept - 17 Dec		
3 - 4 years	9.15 - 10.00	£112.50
5 - 7 years	10.00 - 11.00	£120.00
8 - 11 years	11.00 - 12.00	£120.00
12 - 17 years	12.00 - 13.00	£120.00

Sunday 11 Sept - 18 Dec		
3 - 4 years	9.15 - 10.00	£112.50
5 - 7 years	10.00 - 11.00	£120.00
8 - 11 years	11.00 - 12.00	£120.00

### Our groups

3 - 4 years	Little Smashers
5 - 7 years	Rallying Reds
8 - 11 years	Overhead Oranges
12 - 17 years	Grand Slam Greens



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## JUNIOR TENNIS OPPORTUNITIES

### Private Groups

Please contact us if you would like your own group of children or adults coached at a time perfect for you.

The groups we offer after school, at weekends, in the evenings, are our suggestions for popular times. Let us create a tailor-made group for you. Many pre-school children have free mornings or afternoons. Why not get together a group of friends for a weekly tennis class?

**NEW!** ...at Rocks Lane Bishops Park on Fridays after school!

**Free up your Friday From Five for Come & Try sessions for teenagers 11 - 17 yrs old.**

First session **free**... call us to book on. After you're hooked, £10 per session 5.00 - 7.00pm to include tennis tournaments and tea. Starting Friday 16 September.



- Courses will commence once a minimum of three children are signed on.

- Payment by debit card, cheque or cash.

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## HOLIDAY COURSES

### Autumn half term

Monday 24 October - Friday 28 October

### Christmas holiday

Monday 19 December - 23 December

Tennis		Credits
3 - 4 years	09.15-10.00	1
5 - 12 years	10.00-11.00	1
5 - 12 years	11.00-12.00	1
7 +	12.00-13.00	1
7 - Teens	13.30-15.30	2

Credits	Each	Total cost
1	£8.50	£8.50
5	£8.00	£40.00
10	£7.50	£75.00
20	£6.00	£120.00
40	£5.00	£200.00

### Flexible Booking Scheme

Book an hour, amorning, day or week

### Free use of courts for Juniors!

- All children joining the Bishops Park tennis coaching programme will automatically become members of Rocks Lane Junior Tennis Club.
- Free use of courts to play with other junior members at Bishops Park, Monday to Friday 10.00 - 6.00pm (not floodlights).
- Free LTA British Tennis Membership
- Other juniors up to 17 years old, tennis court charges are £3.50 per hour per court (not including floodlights, or when playing with adults).

### Autumn Half Term

Monday 24 Oct - Friday 28 October

- No weekday after school sessions.
- Holiday courses Monday to Friday.
- Saturday and Sunday courses continue as normal.



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## ROCKS LANE AT BISHOPS PARK

Our objective at Bishops Park is to encourage all sectors of the community to feel able to come along and try the game of tennis, maybe for the first time ever.

To this end we are planning a series of **free** taster events throughout the year when you and your family can come along, and be assured of a warm welcome, with nothing to prevent you getting involved in an exciting new sport.

We will lend you the equipment, until you feel ready to make that first purchase.

And when you do, we will have a range of affordable rackets for you to try out.

**Try before buy!**

- Rackets and balls for sale
- Restringing available.

**EVENTS** ...leading up to Christmas

**Friday 9 September 10.00 - 20.00 Our first Community Open Day. All ages welcome!**

Come and say Hello! Find out what is going on at your local community tennis centre.

- Meet the team.
- Join in our morning, afternoon and evening free introductory trial session. **Free 1 hour taster groups:** 11.00am. 2.00pm. 5.00pm. 7.00pm

**We will be holding monthly community open days, 2nd Friday of every month.**

Please call us to book onto your free introductory session (one per customer) available on these days.

**We will also be offering a special session for over 60's during the week.**

Please call us for further details. First session free!

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