

# Chingford School of Tennis

Rolls Sports Ground, Hickman Avenue, Highams Park E4 9JG

020 8523 0900 [info@ten-ace.co.uk](mailto:info@ten-ace.co.uk) ten-ace.co.uk

Junior indoor/outdoor weekly group sessions term time  
(3-court airdome up October-May each year)

<b>Mondays:</b>	4.15-5.00 pm	Juniors 4-7 age	red ball	£6.00
	5.00-6.00 pm	Juniors 8-12 age	orange ball	£7.00
<b>Wednesdays:</b>	5.30 - 6.30 pm	Juniors 7-16 age	orange/green	£7.00
	5.30 - 6.30 pm	Junior adv 10-16 age	yellow	£7.00
<b>Fridays:</b>	5.00 - 5.45 pm	Juniors 4-7 age	red ball	£6.00
	5.00 - 6.00 pm	Juniors 8-12 age	orange ball	£7.00
	6.00 - 7.00 pm	Juniors 7-10 age	green ball	£7.00
<b>Saturdays:</b>	10.00 - 11.30 am	Juniors 5-7 age	red ball	£8.00
	10.00 - 11.30 am	Juniors 8-14 age	orange/green	£8.00
	10.30 - 11.15 am	Kiddie class 3-5 age	red ball	£6.00
	11.30 - 1.00 pm	Juniors adv 10-16 age	yellow	£8.00

All classes are pay as you play. Rackets are provided if needed. Players to wear flat-soled trainers only. **Please ring or email above number to book a place for the first time.** All coaches for these classes are Level 1 or Level 2 qualified and/or PTR trained. Coaches are DBS checked and have safeguarding quals. Private lessons are available for juniors and adults (£26+per hour, £20 for 45 mins) as well as membership. Court hire for the general public is also available. Please ask for details. 02085230900

Parking is free for 3 hours in the car park at the end of Hickman Avenue on the right midweek and any time at weekends. Walk past the emergency access barrier which leads onto a path and sports field and follow the path round, through the black gates.

WEEKLY OUTDOOR/INDOOR ADULT TENNIS CLASSES AT  
 CHINGFORD SCHOOL OF TENNIS  
 ROLLS SPORTS GROUND, HICKMAN AVENUE, HIGHAMS PARK E4 9JG  
[www.ten-ace.co.uk](http://www.ten-ace.co.uk)      [info@ten-ace.co.uk](mailto:info@ten-ace.co.uk)  
 020 8523 0900

All classes are pay as you play. Ring before your first lesson

Mondays	9.30-11.30 am	Ladies coaching morning	£10.00
	12.30-2.30 pm	Ladies social tennis (for members and by invitation)	£ 7.00
Tuesdays	10.30-12.30 pm	Adult Improvers	£10.00
Thursdays	9.30-11.30 am	Ladies social tennis (for members and by invitation)	£ 7.00
Thursdays	6.30-7.30 pm	Adult beginners and improvers	£10.00
Fridays	10.00-11.00 am	Group Tennis	£12.00
Saturdays	12.30-1.30 pm	Group tennis juniors/adults	£ 8.50
Sundays	<b>NEW 1.00-2.00 pm</b>	<b>Adult beginners from Sep 2020</b>	<b>£ 8.00</b>
	2.00-4.00 pm	Adult beginners/rusty 1 hour class, social play thereafter	£10.00

Why not join our tennis club? We have full, associate and junior membership. The adult club meets every Sunday afternoon 2.00-6.00 pm and Wednesdays 7.00-10.00 pm for tennis. Private lessons are available from £26.00 and a shared lesson (upto 4 people) is £28.00.

From October until May each winter a dome covers 3 of our 6 floodlit courts thereby allowing all year round tennis playing. The covered courts are open for discounted hire for our members and for hire by the general public.