

Adult Coaching Programme Spring 2026

**Ages
18+**

Day	Group	Time	Court	Experience	Coach
Mon	Daytime Drills	11am-12.30pm	Indoor 1, 2	Advanced	Jerry Rose
Wed	Daytime Drills	10-11.30am	Indoors 1, 2, 3	Intermediate	Jerry Rose
Thurs	Cardio Tennis	9-10am	Indoor 1	All	Tommy Ashton
	Adult Beginners 1	6-7pm	Carpet 1, 2	Beginners	Ethan Rouget
Fri	Adult Improvers 1	9.30-11am	Indoor	Intermediate	Rob McDowell
	Adult Beginners 2	7-8pm	Carpet 1, 2	Beginner	Ethan Rouget
	Cardio Tennis 2	8-9pm	Indoor 1	All	Tommy Ashton
Sat	Adult Improvers 2	10-11.30am	Clay 1, 2, 3	Intermediate	Keith Lancaster

Bookings: Go to: www.drhsports.co.uk
Info: lstccoaching@drhsports.co.uk

Spring 2026: 12 weeks
Dates: Jan 5th – Mar 29th

Letchworth
Sports and Tennis Club

Scan Me!



Spring 2026 info

We now do not break for
the school half-terms

