

Adult Coaching Programme

Autumn 2026



Letchworth
Sports and Tennis Club

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	6.30-7.30pm	Carpet 1, 2	Beginners	Keith Lancaster
Fri	Adult Improvers 1	9.30-11am	Indoor	Intermediate	Tommy Ashton
	Adult Beginners 2	7-8pm	Carpet 1, 2	Beginner	Ethan Rouget
Sat	Adult Improvers 2	10-11.30am	Clay 1, 2, 3	Intermediate	Keith Lancaster
Sun	Adult Improvers	10-11am	Clay 2, 3	Intermediate	Paul Martin

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

Autumn 2026: 16 weeks
Dates: Aug 31st – Dec 20th



Scan Me

Autumn 2026 info

We now do not break for the school half-terms

Ages
18+