



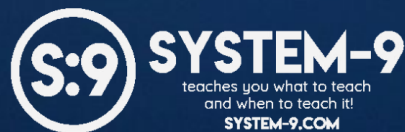
JW TENNIS

AT DECATHLON SURREY QUAYS

JW TENNIS CLUB offers more than 15 group classes in various levels for adults and junior players at Decathlon Surrey Quays Sports Arena and parks in South East London. We extend our delivery of Decathlon Surrey Quays Tennis Classes in the community and continue to enable the health and benefits of the sport accessible to all age.

Bookings are also available through the Decathlon's ACTIVITIES website.

activities.decathlon.co.uk



Which course should I book?

Adult Group / 5-weeks courses

- **BEGINNER L-1 COURSE.** This is suitable for players with no prior tennis experience or players who have not taken any formal lessons before. The course will focus on simply learning the techniques with consistency.
- **BEGINNER L-2 COURSE.** This is suitable for players who took L-1 course and/or gained some basic techniques by formal lessons. The course will focus on continuing various shot techniques with consistency.
- **IMPROVER COURSE.** This is suitable for players who have taken our L-1 and L-2 course. The course will focus on continuing shot techniques with the addition of direction, placement and spin.
- **SUMMER CARDIO TENNIS.** Each session will cover a high energy group cardio tennis exercise using tennis drills and games. Great way to be active, enjoy tennis through high energy fitness exercise for adults of all playing levels.
- **SOCIAL TENNIS.** Social tennis focuses on double's match play and drills. It is a great way to stay fit, meet new players, and have fun with friends. Prior tennis experience is required, ideally IMPROVER level above.

Which course should I book?

Kids Tennis Classes

Each session will cover warm-up activities, fun games, and basic tennis techniques. Great way to learn tennis skills, and build confidence for boys and girls of all playing levels.

- **4 - 5 yr Tots Parents** **Thursdays at 4pm (Indoor)**
- **6 - 7 yr Red Ball** **Wednesdays at 5 pm (Outdoor)**
 Thursdays at 450 pm (Indoor)
- **8 - 9 yr Orange Ball** **Saturdays at 12 pm (Outdoor)**
- **10 - 11 yr Green Ball** **Fridays at 5 pm (Blackheath Tennis Courts) - March to October only**
- **12 + yr Yellow Ball** **Saturdays at 3 pm (Blackheath Tennis Courts)**



BEGINNER L-1

DECATHLON SURREY QUAYS

MONDAYS at 12 pm

FRIDAYS at 12 pm

£75 for 5 weeks

WEDNESDAYS at 6 pm

£90 for 5 weeks

SATURDAYS at 9 am

£90 for 5 weeks

BLACKHEATH TENNIS COURTS

FRIDAYS at 6 pm

(March to September only)

£90 for 5 weeks

BEGINNER L - 2

THURSDAYS at 1 pm £75 for 5 weeks

THURSDAYS at 6 pm £90 for 5 weeks

SATURDAYS at 10 am £90 for 5 weeks



IMPROVER

SATURDAYS at 11 am

£90 for 5 weeks



SUMMER CARDIO TENNIS

SATURDAYS at 11 am
March to September monthly

£9 / 45 minutes Drop-In session



SOCIAL TENNIS

TIME & TALENTS

FRIDAYS at 11 am
FREE

HOW TO BOOK

Please contact Time & Talents at
annegrimwade@timeandtalents.org.uk

ADULTS SOCIAL

IMPROVER MONDAYS at 1 pm
BEGINNER TUESDAYS at 1 pm

£75 for 5 weeks course

SENIOR(65+) PLAYERS ONLY

IMPROVER WEDNESDAYS at 11 am
BEGINNER TUESDAYS at 11 am

£12 / hr Drop-In session





WE Sports Group

KIDS MULTI-SPORTS HOLIDAY CAMP

WE Sports Group offers a full day multi-sports camp to keep your children entertained, happy and active during school holidays.

Your child will take part in a number of fun activities which include golf, table tennis, tennis, volleyball, roll ball, kho kho, football and kung fu (sports may vary each holiday programme). It is a great way for children ages of 6-9 years to be introduced to new sports or to try new techniques.

WE Sports Group is run by a team of professional coaches for each sport.

Please check out our Youtube channel below

<https://www.youtube.com/@wesportsgroup>

Please contact us at support@jwtennisclub.com for more information about the sports camp bookings.



Bloomsbury Football Donation
info@bloomsburyfootball.com
0772 460 8600



Kho Kho England
khokho.co.uk
0786 3003 443



Roll Ball England
instagram.com/rollballengland
07964 027 423



FLICK TT
TABLE TENNIS COACHING
07578 010 704



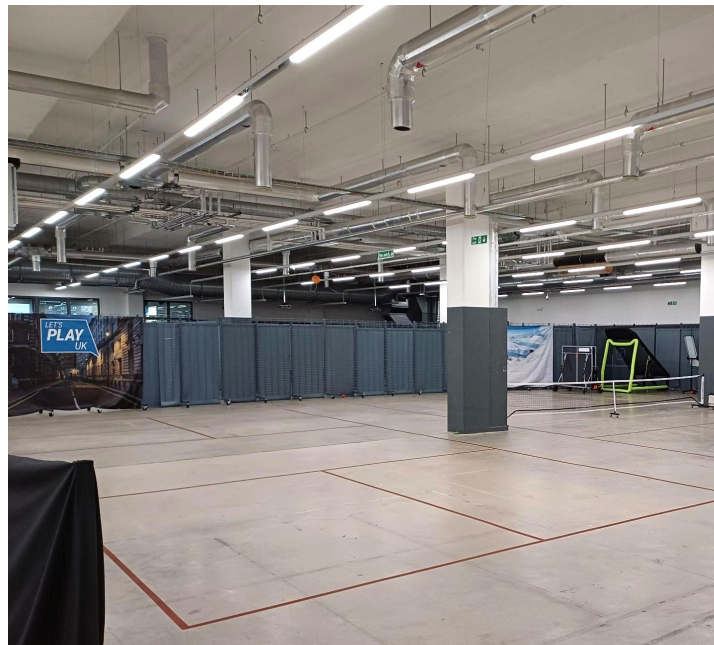


Amenities

The rooftop MUGA court provides players convenience including lift entrance lobby, seating lounge, toilet, male and female changing room with shower booth.

Indoor Venues

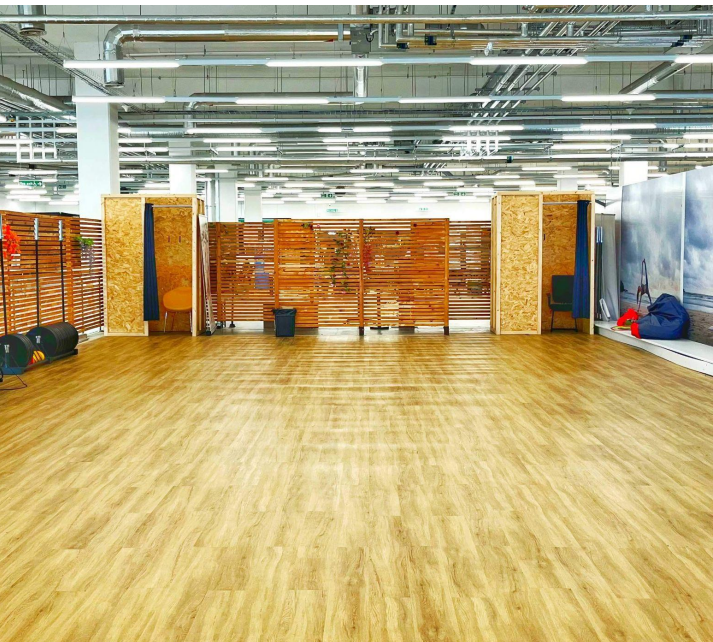
The 45,000 sq. ft. indoor venues can offer activities for all seasons.



Racket Sports Venue



Multi-Use Venue



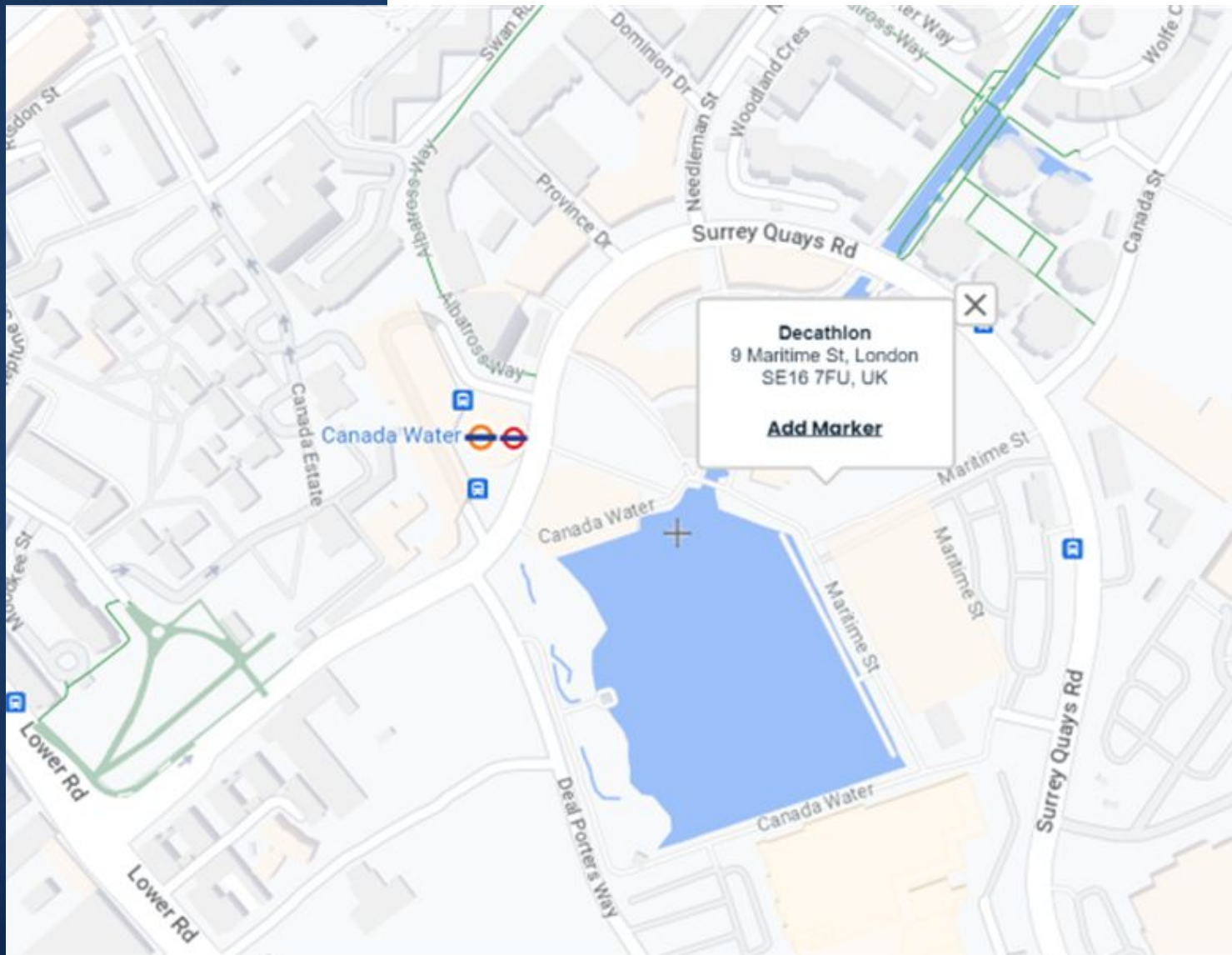
Studio



Skating Venue



Workshop Venue



DECATHLON SURREY QUAYS

9 Maritime St, London
SE16 7FU

Minutes from Canada Water
Jubilee line tube station