

SPROUGHTON TENNIS CLUB

LEVEL UP YOUR TENNIS GAME



MEMBERSHIP

ALL AGES

LTA COACHES

CLUB EVENTS

RED BALL

Ages 4-8

4:00-5:00 PM

Thursdays | All year round

YELLOW BALL

Ages 11+

6:00-7:00 PM

Thursdays | All year round

ORANGE BALL

Ages 8-9

6:00-6:45 PM

Thursdays | All year round

Adult Club Night

Friendly social evenings of mixed doubles.

[Contact us](#)

Thursdays | All year round

Location

Sproughton Playing Fields
Church Lane,
IP8 3AX (3 mins from Morrisons)

Website:

<https://clubspark.lta.org.uk/sproughtontennisclub>

MEMBERSHIP AND COACHING OPTIONS



GROUP COACHING

£7/hr

Members

- ✓ £6 for siblings
- ✓ Multi-booking discounts
- ✓ Full court access with Junior membership



1-TO-1 COACHING

£32/hr

Personalized Training

- ✓ Adults & Juniors
- ✓ Flexible scheduling
- ✓ Direct with Martyn



PAY AS YOU PLAY

£6-7/hr

Book a court

- ✓ £6 off-peak
- ✓ £7 peak times
- ✓ Book online via LTA



ANNUAL MEMBERSHIP

£90 per annum

Free court booking

- ✓ Includes court booking
- ✓ Includes club competitions and box leagues
- ✓ Only £20 for Juniors Members



YOUR COACHES

Martyn Bullingham

LTA Level 3
Full DBS
Safeguarding & First Aid Trained
martynbullingham@icloud.com
07838 386020

Tom Belton

LTA Level 3
Full DBS
Safeguarding & First Aid Trained

“ I came back to tennis after 20 years playing football. The club were super friendly and supportive whilst I found my feet. There is children’s coaching, regular club nights and lots of singles and doubles club competitions throughout the year.

We even have new flood lights!

I can’t recommend Sproughton Tennis Club highly enough”

 **Club Email: sproughtontennis@gmail.com**