



ADULT COACHING PROGRAMME (revised 22/8/20)

MONDAY 8.30-10.00am	Match play doubles for team players & those looking to progress to playing matches. Followed by coffee, croissants & fruit.	WHL	£10	Current
6.30-8.00pm	Mixed adult session for all standards.	Oasis	£10	Starts 7 th September
TUESDAY 6.00-7.30pm	Fun drills with doubles and singles match play and tactics.	Wyvern	£10	Starts 1 st September
7.30-9.00pm	Advanced drills & doubles match play for established players.	Wyvern	£10	Starts 1 st September
WEDNESDAY 7.45-9.00am	Advanced drills for players that play regularly followed by coffee, croissants & fruit.	WHL	£10	Current
9.00-10.30am	Fun tennis drills & doubles play. All standards and fitness levels welcome. Learn to play tennis in a fun & relaxed environment.	WHL	£10	Current
THURSDAY 7.45-8.45am	Cardio Tennis –Fun tennis based drills and exercise to music. All fitness levels, ages and abilities. No previous tennis experience needed. Followed by coffee, croissants and fruit. Burn off all those extra lockdown lbs!!!	WHL	£7	Starts 10 th September
6.30-8.00pm	Club Mix-in - Run by members (3 courts)	Oasis	FREE members £5 non-members	Starts 10 th September
6.00-7.30pm	Fun drills with doubles and singles match play and tactics.	Wyvern	£10	Starts 3 rd September
7.30-9.00pm	Match Practice, match tactics & high level drills for team players.	Wyvern	£10	Starts 3 rd September
SATURDAY 8.30-10.00am	Match play doubles for team players & those looking to progress to playing matches.	WHL	£10	Current
10.00-11.30am	Fun drills with doubles and singles match play and tactics for all abilities.	WHL	£10	Starts 29 th August
10.00am-12.00pm	Club Mix-in - Run by members (3 courts)	Oasis	FREE members £5 non-members	Starts 12 th September
SUNDAY 9.00-11.00am	Club Mix-in - Run by members (3 courts)	Oasis	FREE members £5 non-members	Starts 13 th September
8.30-10am	Match play doubles for team players & those looking to progress to playing matches.	WHL	£10	Starts 30 th August
10-11.30am	Fun drills with doubles and singles match play and tactics for all abilities.	WHL	£10	Starts 30 th August
11am-1pm	Courts reserved for the Solent University Tennis Team practise.	Oasis		

JEM Tennis is an award winning coaching provider and unique virtual tennis club. We are the only coaching provider in the area to offer the flexible option of pay as you go with no need to book, pay in advance or upfront commitments.

We offer something for everyone as we cater for all ages and abilities from complete beginners to advanced players.

We offer 3 mix ins per week which are free to members and of an excellent standard and well attended. These are run by the members via a What's App group

We have many teams in the Portsmouth League, Southampton League, Apsley League and Team Tennis. We have Men's Singles, Men's Doubles, Ladies Doubles and Mixed Doubles teams. As these leagues are unfortunately suspended at the moment Colin is providing friendly match plays as an alternative.

JEM Tennis VENUES

- Oasis Academy Mayfield, Ashley Crescent, Southampton, SO19 9NA (along Portsmouth Road behind the Vauxhall garage) – 3 floodlit courts
- Woodhouse Lane Recreation Park, Pavilion Road, Hedge End, SO30 2EZ – 3 courts, no floodlights
- Wyvern College, Botley Road, Fair Oak, Southampton, SO50 7AN – 4 floodlit courts

All venues have plenty of parking and toilet facilities available

Membership

Excellent value for money, multiple venues, high standard of play, dynamic coaching sessions, all ages and abilities catered for.

Adult £135

Family £225 (2 adults + their children)

Senior £75 (65yrs+)

16-25 Non-student £50

Student £35

Junior (up to 16yrs) FREE

Benefits include:

- Free court booking
- 3 free mix ins per week
- Inclusion in Wimbledon ballot
- Inclusion in teams & tournaments
- Inclusion in annual Club Closed Tournament
- Priority booking for social events



Contact Details

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Find us on Facebook



Matches

Due to the local tennis leagues being suspended we are offering Saturday afternoon friendly matches at Wyvern to give players their fix of match play. Please enquire for the next date and to book a place.

Individual Lessons

£33 for 1 hour, £17 for ½ hour

Shared lessons available £33 for 1 hour

Home lessons £45 for 1 hour

Team players available as hitting partners for £10 per hour

Covid-19

We are following all the LTA latest guidelines regarding coaching sessions and lessons and cleaning procedures. We are also following the individual guidelines imposed on us at each venue. We take everyone's safety very seriously. We have hand sanitizer and wipes available on court and clean all the equipment continuously and practise social distancing within each group session.

Bad weather cancellation

Please check the JEM Tennis Facebook page for any cancellations or updates due to the weather.



We provide free refreshments after each session which is a great way to cool down and enjoy a chat with fellow players