



ADULT COACHING PROGRAMME

New Timetable from 26th April 2024

MONDAY 8.30-10.00am	Match play doubles for those looking to improve their tactics and technique.	WHL	£10
5.00-6.30pm	Invitation adult hitting – please contact Colin on colin@jemtennis.co.uk for details	Oasis	£10
6.30-8.00pm	Mixed adult session for all standards. Fun drills and match play	Oasis	£10
TUESDAY 9.00-10.30am	Mixed adult session for all standards including match play tactics and point construction (term time only)	Stubbington	£10
6.00-7.30pm OR 6.00-8.00pm	Adult tennis from beginners to advanced. Fast paced, dynamic drills based on match play and tactics. Two options available: Option 1: 6-7.30pm £10 Option 2: 6-8pm £12 (inc additional match play)	Deer Park	£10 £12
6.00-8.00pm October to April	Solent University Training	Oasis	
6.00-8.00pm	Club Mix-in - Run by coach Shaun and Connor. Great social tennis.	Oasis	£5 or £3 for 65+
WEDNESDAY 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
1.00-2.30pm	Advanced adults drills and matchplay	WHL	£10
THURSDAY 8.30-10.00am	Adult tennis drills & doubles play. All standards welcome.	WHL	£10
5.00-6.00pm	Cardio drills. Great way to improve your mental & physical health & well being. All ages & abilities welcome including EBC Menopausal Warriors	Deer Park	£8
6.00-7.30pm OR 6.00-8.00pm	Adult tennis from beginners to advanced. Fast paced, dynamic drills based on match play and tactics. Two options available: Option 1: 6-7.30pm £10 Option 2: 6-8pm £12 (inc additional match play)	Deer Park	£10 £12
6.00-8.00pm	Club Mix-in - Run by Shaun. Great social tennis.	Oasis	£5 or £3 for 65+
FRIDAY TBC	Monthly social matchplay and doubles practice – venue and times to be confirmed	TBC	TBC
SATURDAY 9.00am-11am	Adult Tennis, drills for all abilities. Fast paced and fun packed	Deer Park	£12
12-2.00pm October to April	Solent University Training	Oasis	
SUNDAY 9.00-10.30am	Mixed adult session for all standards. Fun drills and match play	Deer Park	£10
10.00am-12.00pm	Club Mix-in - Run by coach Aurelie. Great social tennis.	WHL	£5 or £3 for 65+

Colin Murphy 07801 422227

colin@jemtennis.co.uk

www.jemtennis.co.uk



Bank details: JEM Tennis
60-20-45 45088616

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 4 mix ins per week of an excellent standard and well attended. These are run by the members via a WhatsApp group.

All group coaching sessions are run by Colin Murphy, the Head Coach and owner of JEM Tennis.

We run regular friendly inter-club and intra-club tournaments for those looking for competitive tennis and match play.



New exciting venue and format coming on stream in 2024!!

JEM Tennis VENUES

- Oasis Academy Mayfield, Ashley Crescent, Southampton, SO19 9NA - 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
- Deer Park School, Sika Avenue, Botley, Southampton, SO30 2HT - 3 floodlit courts
- Stubbington Tennis Club, PO14 2PP - 2 courts, no floodlights
- Wildern School, Wildern Lane, Hedge End, Southampton, SO30 4EJ – 6 courts, no floodlights

We have links with other clubs and run friendly matches throughout the year which are fun and social. Please email us for details!

Adult Individual Lessons

£33 for 1 hour, £17 for ½ hour

Team players are available as hitting partners for £15 per hour

Individual lesson slots are available 7 days a week with our JEM Tennis coaches. Please email for availability.

Solent University Tennis Team

We are proud to have a close link with the Solent University tennis team. We provide their coaching, social mix ins and BUCS matches and welcome the students to our club.

Bad weather cancellation

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

We are very pleased to be a Diadem ambassador. Exciting opportunities coming soon!



For our restringing service, please check our website for more details and price!

We are always looking to improve the service we offer so please email if you have any suggestions or ideas!



TENNIS
FOR BRITAIN