



THE NORTHERN
1881

Policies & Information

2026

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Memberships

Why Become a Member at The Northern?

Joining **The Northern** isn't just about access to top-tier facilities—it's about becoming part of a vibrant, welcoming community that's passionate about sport, fitness, and social connection. With a **rich heritage** and a **modern approach**, we offer an experience that caters to all levels, whether you're a dedicated athlete or just looking for a great place to stay active.

Club Tours

Anyone is welcome to visit The Northern for a full tour of the club and its facilities.

Best times to visit:

- Weekdays: 9:00 AM – 7:00 PM
- Saturdays: 10:00 AM – 6:30 PM
- Sundays: 10:30 AM – 2:30 PM

You're welcome to drop in during these hours without booking in advance.

If you'd prefer, you can contact reception beforehand to let us know you're coming — but it's not required.

Please note: We do not offer day passes for the gym, tennis, or other facilities as a trial. If you'd like to experience the club before joining, you must attend as a guest of an existing member and pay the relevant guest fee on the day.

Monthly & Annual Membership Options

Monthly:

Monthly Memberships are be paid monthly on the agreed date by autopay.

You may only cancel your subscription by giving one full month's notice in writing. (email to reception@thenorthern.co.uk).

Any payment due within the one-month notice period will be due to be paid.

The minimum term for a monthly membership is 2 months.

Annual:

Annual Memberships are paid in advance at a reduced rate. (1 month free)

Annual Memberships are non-refundable and cannot be frozen.

How to Purchase a Membership

- **Adult Memberships:** Can be purchased online through our website.
- **Junior Memberships:** Must be purchased by contacting our reception team.

Aged Base Options

You must be in one of the following categories to qualify for an aged-based membership.

Under 30 - Must be over 25 and under 30 to qualify for this membership.

Under 25 - Must be over 19 and under 25 to qualify for this membership.

Under 19 - Must be over 14 and under 19 to qualify for this membership.

Under 14 - Must be over 11 and under 14 to qualify for this membership.

Under 11 - Must be over 8 and under 11 to qualify for this membership.

Under 8 - Must be under 8 to qualify for this membership

Proof of age is required for your selected age-based membership, your passport/driving license must be emailed or shown at reception on or before your first visit (email to reception@thenorthern.co.uk).

Pricing

Monthly Membership Prices

- Full Adult: £74.00 per month
- Under 30: £57.00 per month
- Under 25: £33.00 per month
- Fitness & Health: £51.00 per month
- Off-Peak (Weekdays 6:30AM - 5PM): £57.00 per month
- Under 19: £27.00 per month
- Under 14: £21.00 per month
- Under 11: £15.00 per month
- Under 8: £10.00 per month

Annual Membership Prices

Annual memberships offer a 12-month membership for the price of 11 months.

- Full Adult: £814 per year
- Under 30: £627 per year
- Under 25: £363 per year
- Fitness & Health: £561 per year
- Off-Peak (Weekdays 6:30AM - 5PM): £627 per year
- Under 19: £297 per year
- Under 14: £231 per year
- Under 11: £165 per year
- Under 8: £110 per year
- Social: £88 per year

Joining Fees

We have joining fees for all membership categories. These fees will be reviewed periodically and may increase or decrease. The most recent pricing is available at <https://thenorthern.co.uk/membership/>

The joining fees apply to all non-members joining the club including past members who are rejoining.

Family Membership Discount

If multiple family members join The Northern, the highest-cost membership is paid in full, and each additional family member receives a **15% discount**.

What's Included in Each Membership

Full Adult, Under 30 & Under 25 Memberships

These memberships offer the most comprehensive access to the club:

- Unlimited use of all sporting facilities, including tennis, squash, padel, gym, and classes.
- Ability to book courts and sessions in advance.
- Access to all social tennis and squash sessions.
- Eligibility to join the box leagues.

Under 19 Membership

Ideal for older juniors looking to stay active and improve their game. Current benefits include:

- Access to gym facilities after an induction with our gym manager.
- On-the-day booking rights for tennis and squash courts.
- Discounts on private lessons and holiday camps.
- Eligibility to join the box leagues.

Note: Under 19 membership is now closed to new members. If you're interested in joining the waitlist, please speak to reception. When a spot becomes available, we will contact you. Current Under 19 members can continue to use their membership without interruption.

Under 14, Under 11 & Under 8 Memberships

Designed for younger players participating in squads or private coaching:

- On-the-day booking rights for tennis and squash courts.
- No access to gym facilities.
- Discounts on junior tennis and squash squads, holiday camps, and member-priced padel courts.

Health & Fitness Membership

Perfect for those focused on fitness rather than racket sports:

Access to:

- Traditional large gym
- Strength and conditioning centre
- Over 40 weekly studio classes
- **No access** to tennis, squash, or padel courts.
- Use of racket facilities requires paying non-member rates and adhering to non-member booking policies.

Off-Peak Membership

Similar to a Full Adult Membership with time restrictions:

- Access to all sporting facilities **Monday to Friday, 6:30 AM – 5 PM.**
- Use of facilities outside these hours requires paying non-member rates.
- Eligibility to join the **Off-Peak Tennis Box League** to compete with other off-peak members.

Social Membership

Ideal for staying connected to the club community without sports access:

- **No access** to sporting facilities.
- Allows use of The Northern's bar facilities, including as a "work from home" space.
- Popular with past racket sports members and those wishing to support the club.

Wimbledon Ballot Access

All memberships include eligibility for the **Wimbledon Ballot** through the Lawn Tennis Association (LTA).

- This provides an additional entry but does **not guarantee Wimbledon tickets.**

- To enter the ballot:
 1. Register for a free Advantage account via the LTA website.
 2. Add *The Northern* as your affiliated club.
 3. Sign up for the ballot when it opens each July/August

For the most up to date information look on the LTA website.

Cancelling or Suspending a Membership/Contact

Cancellation:

- All memberships/contracts including tennis/squash squads require **one full month's notice** to cancel.
- Notice must be submitted via email to **reception@thenorthern.co.uk**.
- After giving notice, you are required to make the final scheduled payment within the one-month notice period.

Suspensions:

- Temporary suspensions are not permitted unless for medical reasons.
- If you become injured or ill, you may request a suspension by:
 1. Emailing an explanation of your injury/illness.
 2. Providing a **medical certificate** to support your claim.
- Without a valid medical certificate, suspension requests for injury or illness will not be approved.
- To resume membership after cancellation, you must rejoin as a new member.

Membership Trials: We do not offer membership trials. However, prospective members can experience the club by attending with a current member using a £10 guest pass. Guests must be accompanied by a member to use this pass.

Booking Windows / When can I book?

Booking Restrictions

- **Between 11:40 PM and 7:00 AM, bookings cannot be made through The Northern app or website** for any of our bookable services. This includes **tennis courts/classes, squash courts/classes, pickleball, and gym classes**.
- This is a system restriction on the act of booking — it means you cannot use the app or website to book *any* of these services during that time, even if the booking is for a later date or time.
- **Padel courts remain available to book 24/7 through the Playtomic app.**

Booking Release Times

Indoor & Synthetic Clay Tennis Courts:

- **Adult Members:** 7 days prior at 7 AM
- **Junior Members:** On the day
- **Non-Members:** On the day

Grass Tennis Courts:

- **Members:** On the day of booking (released manually by reception staff when deemed playable by groundskeepers)
- **Junior Members:** On the day
- **Non-Members:** On the day

Squash Courts:

- **Adult Members:** 7 days prior at 7 AM
- **Junior Members:** On the day
- **Non-Members:** On the day

Padel Courts:

- **Members:** 8 days prior at the equivalent time of booking (e.g., book at 10 AM for the same time next week)
- **Junior Members:** 5 days prior at the equivalent time
- **Non-Members:** 5 days prior at the equivalent time

Tennis, Squash & Pickleball Social Sessions:

- **Social Tennis:**
 - **Members:** Day prior at 7 AM
 - **Non-Members:** On the day
- **Squash & Pickleball Social:**
 - **Members:** 7 days prior at 7 AM
 - **Non-Members:** On the day

Adult Tennis Programmes:

- **Tennis Xpress:** Members & Non-Members: 2-3 months prior to the start date
- **Tennis Improver Sessions:**
 - **Members:** 7 days prior at 7 AM
 - **Non-Members:** On the day
- **Team Training:**
 - **Members:** 7 days prior at 7 AM
 - **Non-Members:** Not available

Gym & Fitness Classes:

- **Gym Classes:**
 - **Members:** 7 days prior at 7 AM
 - **Non-Members:** On the day

Personal Training Appointments:

- **Members:** Anytime by contacting a PT directly
- **Non-Members:** Anytime by contacting a PT directly

Individual Lessons:

- **Tennis, Squash & Padel Individual Lessons:** Members & Non-Members: 8 days prior

Junior & Youth Programmes:

- **Mini & Junior Group Tennis & Squash Squads:** Members & Non-Members: Book any time prior
- **Tennis & Squash Holiday Camps:** Members & Non-Members: Within 1-2 months of the start date

Adult Squash Initiatives

- **Squash Express:** Members & Non-Members: 1 month prior to the start date
- **Adult Squash Initiatives:**
 - **Members:** 7 days prior at 7 AM
 - **Non-Members:** On the day

General Notes

- All booking times are subject to availability.
- Bookings can be made via the Northern app, The Northern website, Playtomic, or by contacting reception.
- Non-members often face limited or no availability for certain sessions and classes.
- Courts may be held back based on weather conditions and groundskeeper evaluations (particularly for grass).

Booking rules/Limits

Tennis Booking Policy

- Members can book **up to 90 minutes of tennis per day during peak times** (5pm–10pm on weekdays and all day Saturday & Sunday) across all courts.
- Members can book **up to 120 minutes of tennis per day during off-peak times** (6:30am–5pm on weekdays only) across all courts.
- For example, during peak, If you book **90 minutes on an indoor court**, you **cannot** also book **90 minutes on an outdoor court**.
- Additional time **cannot** be booked on the day of play.
- This policy ensures **fair access for all members**—breaching it may result in suspended booking rights.
- When playing on **synthetic clay courts**, players must allow **5 minutes at the end of their session to sweep the courts**.
- Adult members can use their daily court allowance to book a court to play with another adult member. If booking a court to play with children, they receive additional court time beyond their daily allowance, but must include a note in the booking stating it is for junior members, and all children must be active members of the club.
- **Non-marking tennis shoes must be worn on tennis courts.**

Squash Booking Policy

- Members can book up to **80 minutes of squash per day**.
- This can be done by booking **2 x 40-minute slots**.
- If you book a **60-minute session**, you **cannot book any additional time** that day.
- **Additional time cannot be booked on the day of play.**
- **Breaching this policy may result in suspended booking rights.**
- **Non-marking squash shoes must be worn on squash courts.**

Coaching & Booking Limits (Tennis & Squash)

- **Individual coaching sessions** count toward the daily 90/80 minute booking limit.
- If you have a private lesson booked in advance, you cannot pre-book an additional court that day.

- **Group coaching sessions** do **not** contribute to the daily booking limit, allowing you to book courts separately.
- If you arrive **more than 10 minutes late** to your booking, your court may be reassigned to another member and marked as a no-show.

How to Book

1. The Northern App / Mindbody Website:

- Main platform for booking most club activities.

Used for members to book:

- Tennis courts
- Squash courts
- Gym classes
- Individual & group coaching sessions (tennis & squash)
- Social sessions and other club events
- and much more

Non-members have limited online booking options and must contact reception for bookings.

2. Playtomic App:

- Platform for **Padel court bookings**.
- Available to both members and non-members.
- Can be downloaded from your device's app/play store.

Cancellation policy

We have a **cancellation policy** in place for all bookings at the club. Depending on the type of booking, late cancellations may result in lost payments or booking suspensions. The policies are designed to ensure fair access to all members.

Policy Breakdown

Court Bookings

- **Indoor Tennis Courts:** 24 hours' notice required for a refund.
- **Padel Courts:** 72 hours' notice required for a refund.
- **Tennis & Squash Courts:** 24 hours' notice required to avoid a late cancellation notice.

Coaching Sessions

- **Individual Tennis, Squash, or Padel Lessons:** 24 hours' notice required for a refund.
- **Adult Group Coaching Sessions:** 24 hours' notice required for a refund.
- **Mini/Junior Group Coaching:** Weekly sessions cannot be refunded but may be rescheduled with at least 48 hours' notice, subject to availability.

Holiday Camps

- **Cancellations:** Must be made at least 10 days in advance for a full refund.
- **Swaps:** Require a minimum of 48 hours' notice and must remain within the same camp period (e.g. Summer Camp dates cannot be swapped with Easter Camp).
- Unfortunately, we're unable to offer swaps or refunds outside of these timeframes.

Classes & Other Bookings

- **Gym Classes:** 24 hours' notice required to avoid a late cancellation.

Guest Passes & Non-Member Access

Guest Passes for Members

Members of The Northern do not receive complimentary guest passes; guest passes may be purchased by guests upon arrival at the club.

Prices & Policies

Guest Type	Price
Adult Guest Pass (Day Pass)	£10
Junior Guest Pass (Under 19)	£5
Gym Class (Non-Members)	£10

- **A guest pass grants all-day access to tennis, squash, and the gym.**
- A guest pass allows you to use our changing facilities during your visit.
- **Padel must be booked separately through the Playtomic app.**
- **Gym classes are not included in a guest pass** but can be booked for an additional £10.
- **Any member can bring a maximum of 3 guests per visit**, bearing the guest signs in and pays upon arrival.
- **Non-members can visit up to 6 times per calendar year.**
- A **guest pass** covers an **entire day**, allowing members to bring guests to multiple sessions.
- If a **non-member** books a **private tennis or squash lesson**, they must **purchase a guest pass (£10/£5).**
- **Non-members cannot attend member-only events.**
- **Junior members (under 19)** cannot bring guests to the gym but they **can bring guests for tennis or squash**, but the guest's **parent must be present.**

Fitness & Off-Peak Members – Court Booking Outside Membership Parameters

- Fitness Members are always classed as non-members for tennis and squash court bookings.
- Off-Peak Members are classed as non-members during peak times.
- Courts can only be booked on the day of play when using facilities outside your membership category.
- If booking a tennis or squash court yourself outside your membership parameters, you must pay the non-member court hire fee plus a guest fee.
- If playing with a Full Member who has already booked the court, you only need to pay the guest fee.
- All standard non-member rules apply when using the club outside of your membership terms.

Guest passes are not required for the following:

- Kids' group coaching sessions.
- Padel bookings (these do not count toward the 6 annual guest pass limit).
- Tennis Xpress (this does, however, count toward a non-member's 6 annual guest passes).

Gym & Court Access for Non-Members

- Non-members must be signed in by a member and accompanied by that member to use the gym.
- To play tennis or squash, a non-member must **either be signed in by a member or book a court at non-member rates** (if booking a court as a non-member, they do not need to be signed in).
- **Padel and Gym Classes can be booked and attended by non-members without needing a member to sign them in.**

Tennis

Court types

The Northern has a total of 21 tennis courts:

- **12 Synthetic Clay Courts:** Open year-round.
- **6 Grass Courts:** Available from May to September, weather permitting. Bookings are released on the day. Outside of this period, the courts are closed for maintenance.
- **3 Indoor Courts:** Open year-round.

The availability of outdoor courts is subject to weather conditions, with decisions made by the groundskeeping team.

Padel

Booking Platform

- All padel bookings are made and managed through the Playtomic app.
- Padel bookings cannot be made through The Northern app.

Booking Priority

- Members can book courts up to 8 days in advance at the equivalent time.
- Non-members can book courts up to 5 days in advance at the equivalent time.
- The café and bar are available for players to enjoy food and drinks after their game.

Opening Hours

Padel courts at The Northern are strictly available **from 9:00 AM each day** due to local noise restrictions. Courts **cannot be used before 9:00 AM under any circumstances.**

- **Monday – Saturday:** 9:00 AM – 10:00 PM
- **Sunday:** 9:00 AM – 8:00 PM

Please ensure all play remains within these times.

Padel Equipment

- Padel balls and hire rackets can be pre-purchased on the Playtomic app at the time of booking.

- Padel balls and hire rackets can also be purchased on-site upon arrival.

Padel Session vs. Guest Pass

- Purchasing a padel session does not grant access to other club facilities, including the gym.
- A padel session includes access to the changing facilities but not other sporting facilities.

Squash

Court Types

The Northern has a total of **six squash courts**:

- **2 Glass-Back Courts** – Feature seated viewing areas.
- **4 Enclosed Courts** – Have balcony viewing options.

Adult Squash Sessions & Coaching

The Northern offers a range of squash programs for adult players of all levels:

- **Social Squash** – Runs every **Tuesday from 6pm – 9pm**. Members can book via The Northern app or website.
- **Squash Express** – A beginner-friendly squash course.
- **#SquashGirlsCan** – A session designed to promote women's participation in squash.
- **Squash from the Mosque** – A community initiative welcoming new players.

To enquire about **Squash Express**, **#SquashGirlsCan**, or **Squash from the Mosque**, please email headofsquash@thenorthern.co.uk or reception@thenorthern.co.uk.

Junior Squash Program

Our junior squash program consists of three levels based on age and ability:

- **Bronze Squad** – Entry-level group for young beginners.
- **Silver Squad** – Intermediate level for developing players.
- **Gold Squad** – Advanced training for competitive junior players.

To join a junior squash squad, please email reception@thenorthern.co.uk.

- **Trial sessions cost £7.50**. If a player joins a squad within a week of the trial, this amount is deducted from the first month's payment.
- Pricing varies per squad; please enquire with reception for details.

Squash Teams

The Northern competes in **squash leagues and team events**. If you are interested in joining a team, please email headofsquash@thenorthern.co.uk.

Gym & Fitness

Facilities

At The Northern, we offer a comprehensive fitness experience with a wide range of classes, experienced personal trainers, and well-equipped gym facilities. Our facilities include:

- **Traditional Gym:** Features treadmills, bikes, strengthening machines, free weights, and floor space.
- **Strength and Conditioning Centre:** A smaller room focused on free weights, limited machines, and ample floor space for core workouts, calisthenics, and more.
- **Studio:** Hosts the majority of our 40+ weekly gym classes and is available for individual workouts when classes are not running.

All facilities are included in club memberships (excluding those under 14). Some restrictions apply to members aged 14-18.

Age-Based Restrictions

- Ages 14-18: Access to the gym and strength & conditioning centre is allowed after completing an induction with our gym management team.
- Ages 17-18 (Under 19 members): Can attend gym classes but must book on the day of the class. Booking can be made via email, phone, or in person at reception.
- Ages 14-16: May request special permission from class instructors to join gym classes. Approved requests must be communicated to reception staff.

Non-Member Access

- Gym classes: £10 per session (no gym or changing facility access). Non-members can only book on the day of the class.
- Guest pass: £10 for gym access (classes not included). You must attend with a member to access the gym.
- Junior members cannot bring anyone as a guest to the gym.

Fitness Classes

The Northern offers a variety of instructor-led fitness classes suitable for all ages and fitness levels. Classes include Yoga, Pilates, Spinning, HIIT, and Circuits.

- All classes are a minimum of 45 minutes, with some lasting up to an hour.

- The full fitness class timetable is available here:
<https://thenorthern.co.uk/fitness/fitness-classes/#book>

Personal Training

Our qualified personal trainers can help you reach your fitness goals with tailored sessions.

- To book:
 1. Visit <https://thenorthern.co.uk/fitness/personal-training/#pt>
 2. Scroll to view trainer profiles.
 3. Select your preferred trainer and contact them directly to arrange a session.

Adult Group Tennis Sessions/Coaching

Adult Tennis Coaching Pathway

The Northern offers a structured adult coaching pathway to suit players of all abilities, helping you progress through three tiers:

1. Tennis Xpress

- A beginner-friendly **6-week course** for those new to tennis or returning after a break.
- Focuses on building confidence, learning basic strokes, and developing rallying skills.
- These sessions are held outdoors in maximum group sizes of 8.
- Rackets are included.

2. Intermediate Improvers

- Ideal for players looking to refine technique and improve matchplay.
- Sessions cover shot variety, positioning, and basic strategies.
- These sessions are held outdoors in maximum group sizes of 8.
- Rackets are included.

3. Team Coaching

- Advanced sessions designed for competitive players to develop match strategies and enhance performance.
- These can be booked on The Northern app under 'Adult Tennis'.

To book Tennis Xpress, clients should visit <https://thenorthern.co.uk/tennis/tennis-coaching/#adult> or use The Northern app.

Pricing

Course Pricing

Course Type	Duration	Member Price	Non-Member Price
Tennis Xpress (Beginner)	6 Weeks	£60	£60
Adult Improvers	Per Session	£10	£72 (6 Sessions)

Social Tennis

Social Tennis is one of our most popular sessions, providing a fun and relaxed environment for members to meet others and play multiple doubles matches.

- Sessions typically involve **3 x 30-minute doubles matches** with rotating partners and opponents, assigned by a coach.
- Match formats may vary based on attendance.
- Recommended for players who are confident in serving and engaging in low to medium-level match play.
- If you are still developing these skills, we suggest starting with **Tennis Xpress** or **Adult Improvers** first.

Social Tennis Timetable:

Day	Time
Monday	12:30 PM – 2:00 PM
Tuesday	7:30 PM – 9:00 PM

Day	Time
Monday	12:30 PM – 2:00 PM
Wednesday	7:30 PM – 9:00 PM
Thursday	12:30 PM – 2:00 PM
Friday	7:30 PM – 9:00 PM
Sunday	2:00 PM – 3:30 PM

- **Members:** Free to attend.
- **Non-members:** May attend once for £10 (bookable on the day of the session only).

After meeting fellow players through Social Tennis, you are encouraged to arrange private singles or doubles matches outside of these sessions.

Box Leagues

The Tennis Box Leagues are a great way to stay active, sharpen your matchplay skills, and engage in friendly competition with other members.

- **Free to enter** for all members.
- To join, follow the instructions in the guide found at: <https://thenorthern.co.uk/tennis/play-tennis/#box>

Requirements:

- Play at least **50% of your 12 scheduled matches** within the **3-month league period**.
- Agree to be added to a **WhatsApp group** with players in your division to facilitate match arrangements.

Season Format:

- Each league runs for three months.
- You may join mid-season but are still required to complete at least 50% of your fixtures.
- Alternatively, you can wait to join at the start of the next season.

Joining the Box Leagues is the perfect next step after Social Tennis if you're looking to advance your competitive match experience.

Junior Group Tennis Coaching

Weekly Squads

Our year-round tennis programme, running across 44 weeks, is perfect for children aged 3–18. Held weekly, these sessions are designed to improve tennis skills, boost fitness, and build social confidence—all while having fun! Most sessions take place indoors, ensuring classes go ahead regardless of the weather. With flexible, month-to-month contracts, our programme is tailored to suit families of all needs. For children who excel we also have performance tennis available which is invitation only. To try out for our performance junior group tennis coaching please attend a regular session as a trial and the coach will determine the child tennis level.

Age Group	Member Price (Monthly)	Non-Member Price (Monthly)
Tots Tennis (Ages 3-5)	£33	£33
Mini Blue (Ages 5-6) & Mini Red (Ages 7-8) Tennis	£33	£43
Mini Orange (Ages 9-10) Tennis	£36	£46
Mini Green (Ages 10+) Tennis	£43	£53
Junior Tennis (Ages 10-17)	£58	£68

Terminology: Group lessons for junior tennis are referred to as “squads.”

Session Swaps: We don't offer session swaps. If a session is missed, it can't be moved to another day/time and isn't refundable.

Payment & Subscription

- All squads are paid for on a monthly subscription basis via direct debit autopay.
- The minimum subscription period is **two months**.
- One full month's written notice (via reception@thenorthern.co.uk) is required to cancel a subscription.
- Any payments due within the one-month notice period must still be paid.
- There is **no annual payment option** for junior group tennis coaching.

Membership & Pricing

- Non-members must pay **non-member pricing** for squads.
- To receive the **member price**, the child attending the squad must have an **ongoing club membership**.
- If the child has an active membership, they can pay the discounted **Group Coaching Member price**.

Where are these sessions held?

- **Indoors:** Tots, Mini Blue, Mini Red, Mini Orange (except Saturday 1:00 PM session).
- **Outdoors (Synthetic Clay):** Mini Green, Junior, and Varsity squads.
- **Exception:** Three Mini Green sessions take place indoors.

Trial Sessions

All squads can be trialled before committing to a monthly subscription.

Trial fees:

- **Tots:** £10
- **Mini Blue, Mini Red, Mini Orange, Mini Green:** £15
- **Junior & Varsity:** £20

If the child joins the squad **within a week** of the trial, the **trial fee is deducted** from the first monthly payment. The monthly subscription will be **backdated to the trial session** if the child joins.

How to Join or Trial a Squad

- To book a trial, visit <https://thenorthern.co.uk/mini-junior-tennis-schedule/> find your preferred session, and complete the trial booking and payment online.
- To join a squad on a monthly basis, email reception@thenorthern.co.uk or speak to reception staff in person. We recommend discussing this with staff immediately after your trial to secure your spot, as spaces are limited.
- For **Performance Tennis** enquiries, contact **Ella Taylor** at ella.taylor@thenorthern.co.uk.

Individual Tennis Coaching

Benefits of Individual Tennis Coaching

Individual tennis coaching offers personalised attention tailored to your skill level and goals. It helps improve technique, footwork, strategy, and overall performance more efficiently than group sessions. With one-on-one feedback, players can progress faster, correct habits, and boost confidence on the court.

Individual Coaching Options

- We have 9 qualified coaches offering individual lessons and hitting sessions.
- All coaches arrange lessons privately with clients.
- **To book:**
 1. Visit <https://thenorthern.co.uk/tennis/tennis-coaching/>
 2. Scroll to the bottom of the page to view coach profiles.
 3. Select your preferred coach and press Contact to arrange a lesson directly.

Important Information

- Not all coaches may be accepting new clients due to high demand.
- Flexibility with your availability increases the chance of securing a session.
- All coaches hold LTA coaching qualifications and are certified to coach both juniors and adults.

Clients who have an individual tennis coaching session booked may request to book an indoor tennis court for their lesson by contacting their coach:

- **Off-Peak (Weekdays 6:30AM–5PM):** Clients can request an indoor court up to **3 days in advance** and receive **50% off the indoor court hire**.
- **Peak (Weekdays 5PM–10PM & All Day Saturday & Sunday):** Clients can request an indoor court **only on the day of the lesson** to receive **50% off the indoor court hire**.
- Indoor courts **cannot** be pre-booked for lessons during peak times **in advance** unless **pre-approved by the committee**.

Pricing

Lesson Type	Duration	Price
1-to-1 Private Lesson	1 Hour	£30-£42 (varies by coach)
Hitting Session	1 Hour	£20

• **Non-members must purchase a guest pass (£10 adults, £5 under 19) when taking a private lesson.**

Team Tennis

The Northern fields over 10 teams across local, regional, and national leagues, with a successful track record at all levels.

- **Summer League Season:** Matches typically begin in April.
- **Pre-Season Preparation:** Team captains organise selections, practices, and meetings during February and March.
- **Training:**
 - Regular team practices are overseen by team captains to prepare players for competition.
 - Team training sessions are generally run by one of our coaches and incur a fee.

Joining a Team

- If you are interested in playing team tennis, contact the Tennis Director at lewis.denton@thenorthern.co.uk or reception@thenorthern.co.uk and include your playing level.
- After an assessment, you may join weekly team training sessions and compete for The Northern.

Court Prices & Equipment Hire

Tennis Court Prices

Court Type	Duration	Member Off-Peak Price	Member Peak Price	Non-Member Price
Indoor Tennis	60 Minutes	£7	£9	£25
Indoor Tennis	90 Minutes	£10.5	£13.50	£37.5
Grass Courts	60 Minutes	Free	Free	£25
Grass Courts	90 Minutes	Free	Free	£37.5
Outdoor Clay	60 Minutes	Free	Free	£15
Outdoor Clay	90 Minutes	Free	Free	£22.5

Racket Restringing & Regripping

The Northern offers **racket restringing services** for personal equipment.

- **Currently, we only offer tennis racket restringing.**

Squash racket restringing is temporarily unavailable while we arrange additional training for our stringers.

- **Pricing:**

- **£13.5** – when providing your own string
- **From £20-£32** – when using string provided by The Northern

- **Regripping Service:**

We offer **free regripping for any type of racket** if you purchase your grip from our Pro Shop.

- **How to Book a Restring or Regrip:**

Please bring your racket to **Reception** and complete a **stringing form**.

Standard stringing turnaround time is **3–10 days** depending on demand.

Squash Court Prices

Duration	Member Price	Non-Member Price
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40 Minutes Free		£15
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60 Minutes Free		£22.5
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Padel Court Prices

Duration	Member Price	Non-Member Peak Price	Non-Member Off-Peak Price
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60 Minutes	£4.50 per person	£12 per person	£10
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90 Minutes	£6.75 per person	£18 per person	£15
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Racket Hire & Demo Program

Equipment	Price
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Tennis Racket Hire	£5
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Squash Racket Hire	£3
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Padel Racket Hire	£3
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- Tennis, squash and padel balls can not be hired. They must be bought. We sell tennis balls starting from £8, Padel balls from £6 and Squash balls from £3.

Holiday Camps

We offer tennis holiday camps during all half-term breaks and summer school holidays. Separate squash camps are also available during most school breaks.

Our camps are designed to be fun, engaging, and inclusive, helping children improve their skills, boost fitness, and build social confidence in a supportive environment. Rackets are provided, so participants only need to show up and enjoy.

Tennis Camps

- **Schedule:** 9:30 AM – 4:00 PM (Monday to Friday)
- **Age Groups:**
- **Mini Camp:** Ages 5–8 (*Held indoors*)
- **Junior Camp:** Ages 9–16 (*Held outdoors; moved indoors during adverse weather*)

Squash Camps

- **Schedule:** 10:00 AM – 4:00 PM (Monday to Friday)
- **Age Group:** Ages 7–13 (*Held on the indoor squash courts*)

Additional Information (Both Tennis & Squash Camps)

- **Food:**
- Hot and cold food options are available for purchase at reception.
- Packed lunches are welcome.

- **Pricing:**
- **Day Pass:** Member £29 | Non-Member £36
- **Week Pass:** Member £136 | Non-Member £165

These camps are a great way for children to **stay active, make friends, and develop their skills** during school holidays.

Please note:

Camps **must be booked by contacting reception staff** and **cannot be booked online**.

For upcoming holiday camp dates and full booking details, please visit:

<https://thenorthern.co.uk/tennis/tennis-coaching/#camps>

Pickleball

What is Pickleball?

Pickleball is a paddle sport that combines elements of tennis, badminton, and table tennis. It is played on a smaller court using a perforated plastic ball and solid paddles. The game is easy to learn, suitable for all ages, and can be enjoyed both recreationally and competitively.

Sessions & Pricing

Pickleball sessions take place every **Sunday from 3:30 PM to 5:00 PM** on Indoor Tennis Court 3. During this time, four pickleball courts are set up, allowing up to 16 participants to play. All equipment, including bats and balls, is provided and can be collected on arrival.

These sessions are free for members and £10 for non-members.

Bar & Functions

The Lawn Room

Our bar and restaurant seating area is called **The Lawn Room**. We serve alcoholic and non-alcoholic beverages on tap, as well as **barista-made coffees**. We also offer a full **breakfast and all-day menu**, with a wide variety of options to meet different dietary needs.

Member Discounts & Loyalty

We use Square as our bar payment system. Eligible adult members are automatically added to the Square system when they join the club.

Members receive:

- 10% discount on all food and drink purchases
- Loyalty points on qualifying purchases, which can be redeemed for rewards

Loyalty rewards may vary from time to time. Members can check their current rewards and points balance via their loyalty dashboard.

To access your discount and collect points, simply enter your registered mobile number on the screen at the bar when making a purchase.

Food & Drink Policy

- Only **food and drink purchased on-site at The Northern** may be consumed at the club.
- Members and guests **cannot bring in or order external food or drink** to consume during their visit.

Dog Policy

- Dogs are **not permitted** anywhere at the club.
- Assistance dogs are permitted when accompanying someone with a disability.

Bar & Kitchen Opening Hours

- **Monday – Friday:** 10:00am – 11:00pm
 - *Kitchen:* 11:00am – 7:00pm
- **Saturday:** 9:30am – 11:00pm
 - *Kitchen:* 10:00am – 6:00pm
- **Sunday:** 9:30am – 8:00pm
 - *Kitchen:* 10:00am – 4:00pm

Venue Hire

We have a range of spaces available for hire at The Northern:

The Lawn Room - Capacity: Up to 150 guests

The Function Room - Capacity: 40 seated / 60 standing

The Board Room - Capacity: 12–14 people

The Meeting Room - Capacity: 6–8 people

Pricing is available upon request.

Catering & Hospitality Add-Ons

Add a touch of hospitality to your booking with our **flexible catering service**, available with any hireable room. Whether you're organising a **working breakfast**, a **training session**, a **celebration**, or a **full-day conference**, our in-house team can provide **delicious food and drink tailored to your needs**.

Once you've booked your space, just let us know your catering preferences. Our team will help you build a menu, schedule service times, and arrange everything for smooth delivery. **All food is served in-room by our friendly team**, timed to suit your event.

Full information can be found here:

<https://thenorthern.co.uk/events/event-spaces/>

Please Note:

All bar and function room venue hire enquiries must be sent to bar@thenorthern.co.uk. Reception **cannot assist with bookings** via email or phone.

Club Entry Procedure

KISI Contactless Entry

Entry to The Northern is managed through the **KISI app**. Follow the steps below to gain access:

1. Download the KISI App:

- Available on both iOS and Android devices.

2. Sign In:

- Log in using the **same email address** associated with your club membership.

3. Enable Necessary Settings:

- Follow the prompts in the app to enable all required settings (such as Bluetooth and location services).

4. Access the Club:

- Once set up, you can enter the club through the **turnstiles** using the KISI app.

If you encounter any issues with access, please contact reception for assistance.

Club opening hours

Monday 6:30am–11pm

Tuesday 6:30am–11pm

Wednesday 6:30am–11pm

Thursday 6:30am–11pm

Friday 6:30am–11pm

Saturday 8am–11pm

Sunday 8am–8pm

(courts & gyms close 10pm (8pm Sunday))

Other Sports

While The Northern primarily focuses on tennis, squash, padel, and pickleball, we offer limited facilities for table tennis and badminton. Please note that these sports are not officially included in our membership benefits, and equipment availability may be limited.

Table Tennis

Summer Availability:

- Two outdoor tables are typically set up on the **synthetic grass near the clubhouse**.
- **No booking required** – tables are available on a **first-come, first-served basis**.
- **Bats and balls** can be borrowed from reception.

Winter Availability:

- Table tennis is possible, but **access to tables is limited**.
- **Bats and balls are not provided** during the winter months.
- Please **enquire at reception** for availability.

Important Note

While we offer the option to play table tennis, **The Northern is not a dedicated table tennis venue**. Our facilities and services are primarily focused on **tennis, squash, padel, and pickleball**. If you are looking for a full table tennis experience, we recommend exploring **specialist venues** in the area.

Please note: The Northern **does not have any badminton courts**.

Sponsors

Squash Sponsors

- **Olliers Solicitors** – Specialist criminal defence law firm.
- **Worker Bee** – Independent Manchester-based brand.

Community Partners

- **University of Manchester** – Partnering with The Northern for student and community engagement.
- **Manchester Metropolitan University** – Supporting sports and community projects.

Interested in Sponsorship?

If you are interested in becoming a **club sponsor** or **sponsoring our tennis or padel departments**, please contact our reception team at reception@thenorthern.co.uk

Centenary Tennis Clubs (CTC) Affiliation

Reciprocal Program

The Northern is proud to be part of the **Centenary Tennis Clubs (CTC)** network, a prestigious group of historic tennis clubs across the world. This affiliation allows our members to visit and play at other participating clubs **for free** (*except for a few clubs with specific conditions*).

Before visiting another CTC club, **members must first contact reception to enquire and gain approval from the management team.**

To view the full list of CTC partner clubs, visit: <https://centenarytennisclubs.org/>

CTC Tournaments & Team Selection

Each year, The Northern **hosts a Centenary Tennis Club tournament**, welcoming teams from other prestigious clubs. Additionally, we send teams abroad to compete in CTC tournaments across **more than four countries** in various **age groups**, including juniors, over 35/45s, and over 50/60s.

Team selection typically opens at the beginning of the year. If you are interested in representing The Northern in a CTC tournament, please contact **Jonathan Kinsella at jonathan.kinsella@thenorthern.co.uk** for more details.

Parking

The Northern provides **free parking** for all members and guests; however, **a valid permit is required** for each vehicle. Below are the rules for obtaining and using a parking permit based on your status:

Members & Parents of Junior Members or Tennis & Squash Squad Members

- **How to Register:** Members and parents of junior members or squad members must **register their vehicle(s) with reception** by speaking to a staff member or emailing reception@thenorthern.co.uk with their vehicle registration.
- **Permanent Permit:** Once reception **confirms** your vehicle is registered, you will have a **permanent permit** and **do not** need to register each time you visit.
- **Do Not Use the iPad or QR Code:** These options are for day permits only. **Members with a permanent permit should not use them.**
- **New or Different Vehicles:** If you use a **hire car, borrow a family member's car, or change your vehicle**, you **must register the new vehicle** before parking.

Non-Members & Guests

- **Day Permits Required:** Non-members and guests must **register for a parking permit every visit** using the **iPad at reception or the QR code** displayed at the club.

- **No Permanent Permits:** Non-members are not eligible for a permanent permit and must complete the registration process each time they visit.

Parking Fines (PCNs) & Appeals

- **Penalty Charges:** Failure to obtain a permit will result in a **£60 parking fine**, increasing to **£100 if unpaid within 14 days**.
- **Appeals Process:** If you receive a fine, you can appeal it at <https://appeals.ce-service.co.uk/>.
- **The Northern Has No Control Over Fines:** The car park is managed by an external company, and The Northern **does not financially benefit from fines**. The system is in place to prevent **non-members** from using the car park, ensuring that spaces remain available for members.