

JUNIOR TENNIS PROGRAMME 2012

Week commencing 9th January – 8th April: 12 WEEK COURSE

No Coaching during February Half Term 13th – 19th February (Beechwood Open)

Day	Session	Time	Term Price	
			Members	Non Members
Monday	U16 Club Squad	4.30-6pm	£94.50	£108.00
	Club Squad Plus NEW	6-7.30pm	£94.50	£108.00
Tuesday	Mini Red Club Squad **	4-5pm	£65.00	*
	Mini Orange Club Squad**	5-6pm	£65.00	£74.00
	U12 Improver	6-7pm	£63.00	£72.00
Wednesday	Club Squad Plus NEW	7-8.30pm	£94.50	£108.00
	Green/U12 Improver	4-5pm	£63.00	£72.00
	U14 Improver	5-6pm	£63.00	£72.00
Thursday	Mini Red Starter/Improver **	4-5pm	£65.00	*
	Mini Red Match Play NEW	5-6pm	£1 per week	£2 per week
	Mini Orange Starter**	5-6pm	£65.00	£74.00
Friday	U16 Starter/Improver	5-6pm	£63.00	£72.00
	Mini Red Improver **	5.30-6.30pm	£65.00	*
	U14 Club Squad	4.30-5.30pm	£63.00	£72.00
Saturday	U18 Club Squad	5.30-6.30pm	£63.00	£72.00
	Mini Red Improver **	9-10am	£65.00	*
	Mini Orange Starter **	10-11am	£65.00	£74.00
Sunday	Green Improver **	11-12noon	£65.00	£74.00
	Buddies ALL (3-8 Years)	11.30am – 12.30pm	£3 per week	£4 per week
FREE TO MEMBERS				
Saturday	Match Play (age 10-13)	9.30-11am	FREE	N/A
	Match Play (age 14-17)	11am-12.30pm	FREE	N/A

*Under 8's now get free membership; please join up to gain member prices

**All of these sessions will include our BRAND NEW Mini Tennis Awards

ADULT TENNIS PROGRAMME 2012

Course 1 Week commencing 9th January – 12th February: 5 WEEK COURSE

Course 2 Week commencing 20th February – 8th April: 7 WEEK COURSE

Day	Session	Time	Course 1		Course 2	
			Member	Non	Member	Non
Monday	Intermediate	7.30-8.30pm	£26.25	£30.00	£36.75	£42.00
	Team Training (1)Ladies (2)Men's	7.30-8.30pm	£26.25	£30.00	£36.75	£42.00
Wednesday	MEMBERS Social Tennis	6-7.30pm	£2.50 per week			
Thursday	Starter	7-8pm	£26.25	£30.00	£36.75	£42.00
	Improver	8-9pm	£26.25	£30.00	£36.75	£42.00
Friday	Cardio Tennis	6.30-7.30pm	£26.25	£30.00	£36.75	£42.00
Saturday	Parents Session	9-10am	£26.25	£30.00	£36.75	£42.00

Please Turn Over for Class Descriptions and Terms

(You can join the course at any time, please contact 02476 150688 to receive up to date price & to book on)

BOOK NOW

Call 02476 150688 Or Online at www.inspire2coach.co.uk

All enquiries to info@inspire2coach.co.uk

CLASS DESCRIPTIONS



Class	Description
Mini Red 8 years & Under, Smaller court, 19" – 23" Racquets	Mini Tennis Red is played on a smaller court. At this early stage, children are encouraged to develop simple tactics and technique. They start developing the core skills of movement, coordination and basic technique, take part in lots of fun activities and play short matches and team competitions.
Mini Orange 9 years & Under, ¾ Court, 23" – 25" Racquets	Mini Tennis Orange is played on an 18m court using a slower orange ball. This helps children to develop an all-court game, using more advanced tactics and technique. Competition includes slightly longer matches, most often played as part of a team.
Mini Green 10 years & Under, full court, 25" – Full Size Racquet	At this stage we continue technical and tactical development using increased power and spin, as well as specific athletic skills. Competition is both individual and team-based. Special squads for better junior players are available at this level.
Juniors - U12, U14 & U 18 Full court, Yellow ball Players	Junior tennis caters for serious or social players. The whole court game is now being developed tactically and technically, using a normal ball. Competition is both individual and team-based. Special squads for better junior players are available at this level.
Club Squad (invitational only)	inspire2coach junior squads are for players who want to take their tennis a little more seriously. Squad players will be playing several times a week and be committed to regular coaching and competition. Club Squad Plus – Invite only.
Buddies All 8 Years & Under, pay and play sessions	Come & try Mini Tennis Red without the commitment of booking for a whole course. All standards are welcome. Just turn up on the day.
Adult Starter	This class is for players who have not played before or who want to learn basic rallying and serving skills
Adult Improver	Players will learn to develop their tactics to include developing rallying skills, net play and start to use the serve to create an advantage.
Adult Intermediate	This class will learn more advanced shots including the use of spin and power. Tactics for doubles and singles will be covered in more detail.
Cardio Tennis	Cardio Tennis is a fitness workout on a tennis court. Fast moving drills be used and music will help keep you in your workout zone.
Club Team Squad	This session will focus on doubles. Including working with your partner, net play and using your serve and return as an advantage.

TERMS & CONDITIONS

- **Bookings** – bookings should be made in advance. Players on the current programme will receive priority booking for the new term.
- **All players must have paid their term fees by week 2 or they will not be allowed to take part in the session.**
- **Wet weather sessions** – the coach will notify you of any cancelled lessons due to wet weather within an hour of the start of the lesson. In the case of a cancellation, the lesson will be made up in the extra weeks provided (half term or end of term).
- **Membership** – If you would like to join the tennis club, you will benefit from the lower cost of lessons, the use of club facilities & member programmes. To join or for more information please contact Annette Webb on 02476764647.