



EVESHAM ROWING CLUB
Abbey Road, Evesham, WR11 4ST

TENNIS PROGRAMME

JUNIOR 11 weeks

Week commencing 9th Jan – 1st April 2012

No Tennis Feb Half term week 13th – 19th Feb

Day	Session	Time	Term Price Members	Term Price Non Members
Tuesday	Mini Orange Improver	5-6pm	£57.75	£66.00
Wednesday	Mini Orange/Green Starter	4.45-5.45pm	£57.75	£66.00
Thursday	Competition Night	5.30-6.30pm	£1.50	£3.00
Friday	Mini Red Starter*	4-5pm	£57.75	£66.00
	Mini Red Improver*	5-6pm	£57.75	£66.00
Saturday	Mini Red Starter	9-10am	£57.75	£66.00
	Mini Red Improver	10-11am	£57.75	£66.00
	Mini Orange	11am-12pm	£57.75	£66.00
	Mini Green	12pm-1pm	£57.75	£66.00
	Club Development u14	1-2pm	£57.75	£66.00
	Club Development u18	3-4pm	£57.75	£66.00

* Indoors at Leisure Centre from Fri 13th Jan – Fri 10th Feb

ADULT PROGRAMME

5 Weeks 9th Jan – 12th Feb

Day	Session	Time	Course Price Members	Course Price Non Members
Tuesday	Cardio Tennis	6-7pm	£26.25	£30.00
Saturday	Adult Coaching 1	9-10am	£26.25	£30.00
	Adult Coaching 2	10-11am	£26.25	£30.00

Please Turn Over for Class Descriptions and Terms

ADULTS: Please see notice board for one day events & tennis clinics

(You can join the course at any time, please contact 07952 770882 to receive up to date price & to book on)

TO BOOK YOUR PLACE

Phone: Mel on 07952 770882

Online: www.inspire2coach.co.uk and follow 'programmes'

For all enquiries please email mel@inspire2coach.co.uk



CLASS DESCRIPTIONS

Class	Description
<p>Mini Red 8 years & Under, Smaller court, 19" – 23" Racquets</p>	<p>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.</p>
<p>Mini Orange 9 years & Under, ¾ Court, 23" – 25" Racquets</p>	<p>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.</p>
<p>Mini Green 10 years & Under, full court, 25" – Full Size Racquet</p>	<p>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.</p>
<p>Juniors - U12, U14 & U 18 Full court, Yellow ball Players</p>	<p>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.</p>
<p>Cardio Tennis</p>	<p>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.</p>
<p>Adult Coaching</p>	<p>Players will learn to develop their tactics to include developing rallying skills, net play and start to use the serve to create an advantage.</p>

TERMS & CONDITIONS

- **Bookings** – bookings should be made in advance. Players on the 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 Andy Crowther on 07788 572974.
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inspire2coach, University of Warwick Indoor Centre, Westwood Campus, Coventry, CV4 7AL