



Nuneaton LTC Caldwell Road, Nuneaton, CV11 4QE

## JUNIOR TENNIS PROGRAMME 2012

Week commencing 9<sup>th</sup> January – 1<sup>st</sup> April: 11 WEEK COURSE

No Coaching during February Half Term 13<sup>th</sup> – 19<sup>th</sup> February

Day	Session	Time	Term Price Members	Term Price Non Members
<b>Monday</b>	Mini Orange / Green *	5.30 - 6.30 pm	£59.50	£68.00
	Girls Only (Cancelled)	6.30 - 7.30 pm	£57.50	£66.00
<b>Wednesday</b>	Mini Orange / Green *	5 - 6 pm	£59.50	£68.00
	Junior U12's	6 - 7 pm	£57.50	£66.00
<b>Thursday</b>	Mini Red / Orange *	5 - 6 pm	£59.50	£68.00
	Junior U12's	6 - 7 pm	£57.50	£66.00
<b>Saturday</b>	U14 / U16 Tournament	8 - 9.30 pm	£87.00	£99.00
	Mini Red *	10 - 11 am	£59.50	£68.00
	Mini Orange *	10 - 11 am	£59.50	£68.00
	Green *	11 - 12 noon	£59.50	£68.00
	Junior U12's	11 - 12 noon	£57.50	£68.00
	U14 / U16 Tournament	12 - 1.30 pm	£87.00	£99.00
<b>Indoor Sessions @ George Eliot School</b>				
<b>Tuesday</b>	Tinys / Mini Red *	5 - 5.45 pm	£46.00	£51.50
<b>Friday</b>	Tinys / Mini Red *	5 - 5.45 pm	£46.00	£51.50
<b>FREE TO MEMBERS</b>				
<b>Friday</b>	Junior Social – Over 10's	5 - 6.30 pm	FREE	N/A

*\*These Classes now feature the New LTA Mini Tennis Awards*

## ADULT TENNIS PROGRAMME 2012

Week commencing 9<sup>th</sup> January – 1<sup>st</sup> April: 11 WEEK COURSE

No Coaching during February Half Term 13<sup>th</sup> – 19<sup>th</sup> February

Day	Session	Time	Members	Non Members
<b>Tuesday</b>	Adult Doubles	6.30-7.30pm	£57.50	£66.00
	Adult Singles	7.30-8.30pm	£57.50	£66.00
<b>Thursday</b>	Adult Doubles (Cancelled)	10 - 11 am	£57.50	£66.00
	Ladies Team Training - <i>Invite Only</i>	7-8pm	N/A	N/A

Please Turn Over for Class Descriptions and Terms

You can join a course at any time, please contact Head Coach (James) 07813946774

**TO BOOK YOUR PLACE:**

Phone: Hollie on 02476 150688

Book Online: [www.inspire2coach.co.uk/tennis-programmes](http://www.inspire2coach.co.uk/tennis-programmes)

For all enquiries please email [info@inspire2coach.co.uk](mailto:info@inspire2coach.co.uk)

or Speak to James on 07813946774



## CLASS DESCRIPTIONS

Class	Description
<b>Mini Red</b> 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.
<b>Mini Orange</b> 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.
<b>Green</b> 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.
<b>Juniors - U12, U14 &amp; U 18</b> 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.
<b>Tournament Squad</b>	Tournament squads are for players who want to take their tennis a little more seriously. These sessions are split into 45 minutes of Coaching and 45 minutes of match-play. The aim is for Squad players to be playing several times a week and be committed to regular coaching and competition.
<b>Adult Doubles</b>	This class is for players who have not played before or who want to learn basic rallying and serving skills. Players will learn to develop their tactics to include developing rallying skills, net play and start to use the serve to create an advantage.
<b>Adult Singles</b>	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.
<b>Cardio Tennis</b>	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.
<b>Team Training</b>	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 programme will receive priority booking for the new term.
- **Cancellation** – Any Class with less than 4 players will be cancelled
- 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 via email to [nuneatonltc@btconnect.com](mailto:nuneatonltc@btconnect.com) .