

PAY AND PLAY COACHING

The pay and play programme is available for players of all ages and abilities and is run by our LTA qualified coaches. These sessions are an hour long and designed to give an opportunity for tennis coaching in a flexible fun environment.

JUNIOR

Group	Age	Day & Time	Cost	
			Members	Non-members
Tots Tennis	3 1/2-5	8.30 - 9.00am	£2.50	£3.00
Mini Red	5-7	9.00 -10.00am	£3.50	£4.50
Mini Orange	8+	10.00 -11.00am	£3.50	£4.50
Mini Green	9-10	11.00 -12.00am	£4.00	£5.00
Junior Tennis	10+	12.00 -1.00pm	£4.00	£5.00

ADULT

Adult	16+	Sat 9.00am	£5.00	£6.00
Adult	16+	Sat 10.00am	£5.00	£6.00
Workshop	Adult	Mon 7.30pm	£5.00	N/A
Disability	Adult	Tues 10.30am	£3.00	N/A
Cardio Tennis	Adult	Tues 7.00pm	£5.00	£6.00
Improvers	Adult	Wed 7.00pm	£5.00	£6.00
Beginners	Adult	Thur 7.00pm	£5.00	£6.00



New for 2010 - Cardio Tennis. Whether you've played tennis before or not this is a great workout to music. Call or check out the website for more information.



PAY IN ADVANCE COACHING

6th September 2010 - 22nd July 2011

Pay in Advance coaching gives a course per school term and provides a structured coaching programme for those signed up to a course. Players in each group are of a similar age and ability. Coaching is appropriate to the abilities within the group. Structured coaching allows maximum progression for players.

COACHING COURSE DESCRIPTIONS

Tots Tennis – 3 ½ to 5yrs

Sessions for this youngest age group centre on co-ordination and ball skills to enhance movement, timing and co-ordination. Tots learn basic techniques so they get the idea of how to hit the ball.

Mini Tennis Red – 5 to 7 yrs

Red Ball Mini Tennis is for players aged 8 and under. It is played on small courts with short rackets and soft balls to enable children to learn the basic skills to allow them to play tennis.

Mini Tennis Orange 8-9yrs

Orange ball mini tennis is for players aged 8 and 9. It is played on slightly larger courts than Red Ball, with bigger rackets and balls that are not as soft as red balls Orange Ball Mini Tennis is for players aged 8 and 9 or for younger players

who have achieved Level 1 Red Ball.

Mini Tennis Green – 9yrs

Green ball is the next step after orange ball mini tennis. It is played on a full tennis court, with bigger rackets and balls that are a little softer than yellow balls.

Green ball mini tennis is for players aged 10 and under or for those who have achieved Level 1 Orange Ball .

Junior Coaching

Junior Tennis is for players aged 11 and over and is played with conventional yellow balls on the full court. Beginners and Improvers courses are available.

Day	Squad	Age	Time
MONDAY	Mini Tennis Red	8 & UNDER	4.00 - 5.00pm
MONDAY	Mini Tennis Orange	8 - 9	5.00 - 6.00pm
MONDAY	Junior tennis	10+	6.00 - 7.30pm
TUESDAY	Mini Tennis Red	8 & UNDER	4.00 - 5.00pm
TUESDAY	Mini Tennis Orange	8 - 9	5.00 - 6.00pm
TUESDAY	Mini Tennis Green	9 - 10	6.00 - 7.00pm
TUESDAY	Junior	10+	5.00 - 6.00pm
TUESDAY	Junior	13+	6.00 - 7.00pm
TUESDAY	Junior Cardio *	10+	6.00 - 7.00pm
WEDNESDAY	Mini Tennis Red	8 & UNDER	4.00 - 5.30pm
WEDNESDAY	Mini Tennis Orange	8 - 9	5.30 - 7.00pm
WEDNESDAY	Mini Tennis Green	9 - 10	5.00 - 6.00pm
WEDNESDAY	Junior tennis	10+	6.00 - 7.00pm
THURSDAY	Mini Tennis Red	8 & UNDER	4.00 - 5.00pm
THURSDAY	Mini Tennis Orange	8 - 9	5.00 - 6.00pm
THURSDAY	Mini Tennis Green	9 - 10	6.00 - 7.00pm
THURSDAY	Junior	10+	6.00 - 7.00pm
THURSDAY	Junior	13+	7.00 - 8.00pm
FRIDAY	Mixed Mini Tennis	7 - 10 yrs	5.00 - 6.00pm

* New for 2010 - Junior Cardio Tennis fitness training

TERM DATES	Term	Members	Non Members
Term 1: Mon 6th September 2010 - Friday 22nd October 2010	1	£31.50 (£47.00)	£42.00 (£63.00)
Term 2: Monday 1st November 2010 - Friday 17th December 2010	2	£31.50 (£47.00)	£42.00 (£63.00)
Term 3: Monday 3rd January 2011 - Friday 18th February 2011	3	£31.50 (£47.00)	£42.00 (£63.00)
Term 4: Monday 28th February 2011 - Friday 8th April 2011	4	£27.00 (£36.00)	£36.00 (£54.00)
Term 5: Monday 25th April 2011 - Friday 27th May 2011	5	£22.50 (£30.00)	£30.00 (£45.00)
Term 6: Monday 6th June 2011 - Friday 22nd July 2011	6	£31.50 (£47.00)	£42.00 (£63.00)

NOTE : Prices in () are for sessions that run for 1 1/2 hours

PLEASE MAKE ALL CHEQUES PAYABLE TO 'ALMONDSBURY TENNIS CLUB'