

WEEK 5 24th AUGUST TO 28th AUGUST

Under 5's Co-ordination For 3 to 5 year olds indoors Course 12

Wed & Thurs, 26th & 27th August from 10-00am to 11-00am each day
Lots of fun games to develop co-ordination and ball skills at an early age
Cost: £9-00

Mini Tennis Red & Orange Camp For 5 to 10 year olds indoors & outdoors

Monday to Friday, 24th to 28th August inclusive from 10-00am to 1-00pm each day

The camp is designed for young children who are playing mini tennis red with sponge balls or mini tennis orange with transition balls. To ensure maximum progress, participants will be grouped with players of a similar standard. Players will receive a varied programme from LTA Qualified and licensed coaches. The emphasis will be on developing your skills and include:

work on ball sense, balance & co-ordination—technique of the basic strokes

drills to develop tactics & match play—games & competitions

on court fun fitness sessions

other activities including, football, kwik cricket, unihoc & other fun games

Lunch is provided each day—attendance certificate

Children supervised at all times

Cost: £52-00 members – £60-00 non members

For more details about this camp see our Mini Tennis Red & Orange Camp leaflet or ring the club.

Doubles Tournament For 11 to 16 year olds Course 13

Wednesday 26th August from 2pm to 4pm (outdoor)

Enter with a partner and enjoy playing other pairs in the round-robin format. Prizes.

Cost: £2-00 members—£3-00 non members

West Bridgford Tennis Club is one of the leading clubs in the country. In 2000 the club was awarded the LTA Facility of the Year Award and in 2006 the Rushcliffe 'Club of the Year' Award. Our comprehensive development programme provides coaching and competitive opportunities for players of all ages and abilities throughout the year. The club offers:

- Three indoor cushioned acrylic courts
- Three floodlit cushioned acrylic courts & three floodlit artificial grass courts
- Two-storey pavilion
 - Ground Floor: Changing rooms, showers, sauna and steam room, gymnasium & offices
 - First Floor: Reception, large lounge, dining area, licensed bar, catering facilities, Games and meeting room
 - Sun and barbecue terrace
- Lift to all floors
- Wheelchair access to courts and pavilion
- Ample on-site parking

*Come along to our fun holiday sessions with your friends
and have a great time!*



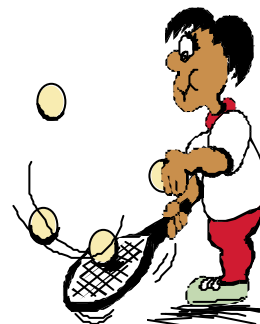
WEST BRIDGFORD TENNIS CLUB

Little Bounds, off Wilford Lane, West Bridgford, Nottingham, NG2 7QA. Tel. 0115 9811699

Summer Holiday Junior

Coaching & Activities 27th July to 28th August 2009

Whatever your standard, we will have a course for you



*To apply for any
of our holiday courses,
please complete an
application form and send
with course fee to the
above address*

**Little Bounds is off Wilford Lane
Opposite Becket Upper School**

Visit our website: www.west-bridgford-tennis-club.co.uk

All the courses are taken by LTA Qualified & Licensed Tennis Coaches and a qualified First Aider is on site at all times. Light lunches and refreshments are available all day. If you require further information or if you are not sure which course will be most suitable for you, contact the club on 0115 9811699.

WEEK 1 27th JULY TO 31st JULY

Mini Tennis Blue Coordination For 3 to 5 year olds indoors Course 1

Mon & Tues 27th & 28th July from 10-00am to 11-00am each day
Lots of fun games to develop co-ordination and ball skills at an early age
Cost: £9-00

Tennis Clinic For 10 to 12 year old beginner/improvers Course 2

Tues to Friday, 28th to 31st July inclusive, from 10-00 am to 12-00 pm each day
2 hours per day. 8 hours total tennis. Players grouped according to ability where possible.
The course will cover all the basic strokes, tactics, scoring and match play
Cost: £30-00 members – £34-00 non members (outdoor)

Tennis Clinic For 13 to 16 year old beginner/improvers Course 3

Tues to Friday, 28th to 31st July inclusive, from 12-30 pm to 2-30 pm each day
2 hours per day. 8 hours total tennis. Players grouped according to ability where possible.
The course will cover all the basic strokes, tactics, scoring and match play
Cost: £30-00 members – £34-00 non members (outdoor)

WEEK 2 3rd TO 7th AUGUST

Mini Tennis Red Clinic For 5 to 8 year olds indoors Course 4

Mon to Thurs 3rd to 6th August inclusive, from 11-00 am to 12-00 pm each day
1 hour per day. 4 hours of fun games & mini tennis coaching
Tennis using light-weight rackets, sponge balls and a smaller court.
An excellent way to develop ball skills, co-ordination and basic technique of the strokes.
Cost: £18-00 members – £20-00 non members

Mini Tennis Orange & Green Clinic For 7 to 11 year olds Course 5

Mon to Thurs 3rd to 6th August inclusive, from 1-00pm to 2-00pm each day
4 hours in total of coaching & fun games using appropriate equipment for this level
Cost: £18-00 members – £20-00 non members (outdoor)

Doubles Tournament For 11 to 16 year olds Course 6

Friday 7th August from 2-00pm to 4-00pm (outdoor)
Enter with a partner and enjoy playing other pairs in the round-robin format. Prizes.
Cost: £2-00 members – £3-00 non members

NB: Indoor courts may be available for courses booked outdoor.

There will be no junior night on Mondays during the summer holidays but courts will be available on Tuesday afternoons from 2-30pm to 4-30pm for 11 to 16 year olds to come and play with your friends on 28th July, 4th, 18th & 25th August.

WEEK 3 10th TO 14th AUGUST

Mini Tennis Blue Coordination For 3 to 5 year olds indoors Course 7

Mon & Tues 10th & 11th August from 10-00am to 11-00am each day
Lots of fun games to develop co-ordination and ball skills at an early age
Cost: £9-00

West Bridgford Tennis Camp For 10 to 16 year olds

Mon to Friday, 10th to 14th August inclusive, from 10-00 am to 4-00 pm each day.
The camp is designed for players of all playing standards from beginner to advanced. To ensure maximum progress, participants will be grouped with players of a similar standard. Players will receive up to 4 hours of coaching every day from L.T.A. qualified & licensed coaches. Sessions will have an emphasis on developing your skills and include:

technique
ball machine practice
video analysis – assessment and correction of strokes
fitness
drills to develop tactics and match play
supervised games, sets and competitions
other activities including, football, kwik cricket, table tennis, unihoc etc.
Lunch is provided each day.
Attendance certificate

Our aim is to improve your game in a fun and stimulating environment.
Cost: £105-00 members including lunch – £125-00 non members including lunch.
Indoor and outdoor courts used.

For more details about the West Bridgford Tennis Camp see our Tennis Camp leaflet or ring the club on 0115 9811699.

WEEK 4 17th TO 21st AUGUST

Kids Holiday Club For 5 to 9 year olds indoors Course 8

Fri 21st August from 10-00am to 12-30pm
Leave your child in our capable hands. We will provide mini tennis & other sports followed by a hot meal.
Cost: £11-00 members – £13-00 non members. Cost includes hot meal.

Mini Tennis Orange & Green Clinic For 7 to 11 year olds Course 9

Mon to Thurs 17th to 20th August inclusive, from 2-30pm to 3-30pm each day
4 hours in total of coaching & fun games using appropriate equipment for this level
Cost: £18-00 members – £20-00 non members. (outdoor)

Tennis Clinic For 10 to 12 year old beginner/improvers Course 10

Mon to Thurs 17th to 20th August inclusive, from 10-00 am to 12-00 pm each day
2 hours per day. 8 hours total tennis. Players grouped according to ability where possible.
The course will cover all the basic strokes, tactics, scoring and match play
Cost: £30-00 members – £34-00 non members (outdoor)

Tennis Clinic For 13 to 16 year old beginner/improvers Course 11

Mon to Thurs 17th to 20th August inclusive, from 12-30 pm to 2-30 pm each day
2 hours per day. 8 hours total tennis. Players grouped according to ability where possible.
The course will cover all the basic strokes, tactics, scoring and match play.
Cost: £30-00 members – £34-00 non members (outdoor)

**Summer Holidays 2009
Junior Coaching & Activities
27th July to 28th August
Application Form**

Please complete this application form in block capitals and return it as soon as possible to: Lesley Whitehead, Tennis Manager, West Bridgford Tennis Club, Little Bounds, off Wilford Lane, West Bridgford, Nottingham, NG2 7QA.

Tel 0115 9811699

All courses are open to members and non-members.

Name:

Address:

Tel. No:

E-mail address:

D.O.B.

School:

Course Title & No.

Week No:

Dates:

I enclose a fee of £ made payable to West Bridgford Tennis Club. Please note, payment must be made in full prior to the start of the course or activity.

Do you suffer from any medical condition which the coach should be aware of?

In the event of an absent parent/guardian, a parent/guardians signature on the application form will authorise such emergency medical treatment as may be recommended by an approved medical authority.

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