

**WEEK 5**      **22nd to 26th AUGUST**

**Under 5's Co-ordination**      **For 3 to 5 year olds indoors**      **Course 11**

Wed & Thurs, 24th & 25th August from 10-00 am to 11-00 am each day  
Lots of fun games to develop co-ordination and ball skills at an early age  
Cost: £10-00

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

Monday to Friday, 22nd to 26th August inclusive from 10-00 am to 1-00 pm 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: £60-00 members - £70-00 non members

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

-----

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!*



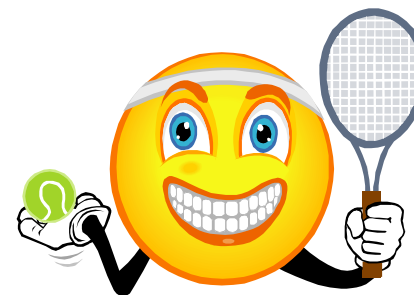
## WEST BRIDGFORD TENNIS CLUB

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

# Summer Holiday Junior Coaching & Activities

25th July to 26th August 2011

**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](http://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      25th to 29th JULY**

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

Mon & Tues 25th & 26th July from 10-00 am to 11-00 am each day  
Lots of fun games to develop co-ordination and ball skills at an early age  
Cost: £10-00

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

Tues to Friday, 26th to 29th July inclusive, from 11-30 am to 1-30 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)

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

Tues to Friday, 26th to 29th July inclusive, from 2-00 pm to 4-00 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)

**WEEK 2      1st to 5th AUGUST**

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

Mon to Thurs 1st to 4th August inclusive, from 10-00 am to 11-00 am 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 - £22-00 non members

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

Mon to Thurs 1st to 4th August inclusive, from 11-00 am to 12-00 pm each day  
4 hours in total of coaching & fun games using appropriate equipment for this level  
Cost: £20-00 members — £24-00 non members (indoor)

**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 4-00pm for 11 to 16 year olds to come and play with your friends on 2nd, 9th, 16th & 23rd August.**



**WEEK 3      8th to 12th AUGUST**

**Mini Tennis Blue Coordination      For 3 to 5 year olds indoors      Course 6**

Mon & Tues 8th & 9th August from 10-00 am to 11-00 am each day  
Lots of fun games to develop co-ordination and ball skills at an early age  
Cost: £10-00

**West Bridgford Tennis Camp      For 10 to 16 year olds**

Mon to Friday, 8th to 12th 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*  
*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: £110-00 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      15th to 19th AUGUST**

**Kids Holiday Club      For 5 to 9 year olds indoors      Course 7**

Fri 19th 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: £12-00 members - £14-00 non members. Cost includes hot meal.

**Mini Tennis Orange & Green Clinic      For 7 to 11 year olds      Course 8**

Mon to Thurs 15th to 18th August inclusive, from 11-00 am to 12-00 pm each day  
4 hours in total of coaching & fun games using appropriate equipment for this level  
Cost: £20-00 members — £24-00 non members. (indoor)

**Tennis Clinic      For 10 to 12 year old beginner/improvers      Course 9**

Mon to Thurs 15th to 18th August inclusive, from 1-00 pm to 3-00 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 10**

Mon to Thurs 15th to 18th August inclusive, from 3-00 pm to 5-00 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)

**Summer Holidays 2011  
Junior Coaching & Activities  
25th July to 26th 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:

Post Code:

Tel. No:

E-mail address:

D.O.B.

School:

Course Title & No.

Week No:

I enclose a fee of £                      made payable to West Bridgford  
Tennis Club. Please note, payment must be made in full with your application.  
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.**

Signature of parent / guardian:

**Summer Holidays 2011  
Junior Coaching & Activities  
25th July to 26th 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:

Post Code:

Tel. No:

E-mail address:

D.O.B.

School:

Course Title & No.

Week No:

I enclose a fee of £                      made payable to West Bridgford  
Tennis Club. Please note, payment must be made in full with your application.  
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.**

Signature of parent / guardian: