

## BOOK NOW

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Hollie on 02476 150688  
Or email [info@inspire2coach.co.uk](mailto:info@inspire2coach.co.uk)  
[www.inspire2coach.co.uk/tennis-programmes](http://www.inspire2coach.co.uk/tennis-programmes)



**BEECHWOOD**  
LAWN TENNIS CLUB  
Beechwood Ave, Coventry, CV5 6FQ

JANUARY TENNIS



## JUNIOR TENNIS PROGRAMME

Week commencing 5 January – 5 April 2015 12 WEEK COURSE

No programme coaching during February half term Monday 16 February to Sunday 22 February  
Second squads (same player) half price when paying in advance, not including invite only squads

Day	Session	Time	Term Price Members	Term Price Non Members
Monday	U18 Club Squad	4.30-6pm	£100.00	£115.00
	U18 Club Squad Plus <b>Invite Only</b>	6-7.30pm	£100.00	£115.00
Tuesday	Mini Red Club Squad	4-5pm	£68.00	£78.00
	Mini Orange Club Squad	5-6pm	£68.00	£78.00
	Green Club Squad	5-6pm	£68.00	£78.00
	U12 Club Squad	6-7pm	£68.00	£78.00
	U18 Club Squad Plus <b>Invite Only</b>	7-8.30pm	£100.00	£115.00
	<b>Wednesday</b>	Green Starter/Improver	4-5pm	£68.00
	U12 Improver	4-5pm	£68.00	£78.00
	U16 Improver	5-6pm	£68.00	£78.00
	Tots Tennis Plus (3-5 Years) <b>Indoors @Finham Park</b>	5-5.45pm	£23.00 (6 weeks)	Or £5.00 per week
	Mini Red Starter/Improver <b>Indoors @Finham Park</b>	5-6pm	£68.00	£78.00
<b>Thursday</b>	Mini Red	4-5pm	£68.00	£78.00
	Mini Red Performance <b>Invite Only</b>	4.30-5.30pm	£68.00	NA
	Mini Red and Orange Fitness	5.30-6.30pm	£68.00	£78.00
	Mini Orange Starter	5-6pm	£68.00	£78.00
	U18 Junior Cardio Tennis	5-6pm	£68.00	£78.00
	U18 Girl Tennis	6-7pm	£53.00	or £5.00 per week
<b>Friday</b>	U16 Club Squad	4.30-5.30pm	£68.00	£78.00
	U18 Club Squad	5.30-6.30pm	£68.00	£78.00
	U18 Fitness	6.30-7.30pm	£68.00	£78.00
<b>Saturday</b>	Mini Red Starter/Improver	9-10am	£68.00	£78.00
	Mini Orange Starter/Improver	10-11am	£68.00	£78.00
	Green Starter/Improver	11-12noon	£68.00	£78.00
	U16 Starter/Improver	12-1pm	£68.00	£78.00
<b>Sunday</b>	Tots Tennis (3-5 Years)	11.15-12noon	£23.00 (6 weeks)	Or £5.00 per week
	Mini Red Match Play (8 & Under)	1.30-2.30pm	Monthly – see notice board	
	Mini Orange Match Play (9 & Under)	2.30-4pm	Monthly – see notice board	
<b>FREE TO MEMBERS</b>				
<b>Saturdays</b>	Match Play (age 10-13)	9.30-11am	FREE	N/A
	Match Play (age 14-17)	11am-12.30pm	FREE	N/A
<b>Fridays</b>	Junior Nights	6.30-8.30pm	Monthly – See annual calendar	

All of the mini tennis programmes includes the LTA Mini Tennis Awards



## ADULT TENNIS PROGRAMME





**JANUARY OFFER** do both Cardio Tennis lessons in January to kick start your new year just £25.00

Day	Session	Time	Term Price Members	Term price Non Members
<b>Wednesday</b>	Cardio Tennis	6.30-7.30pm	£6.00 per week	£6.00 per week
<b>Thursday</b>	Tennis Xpress	7-8pm	£68.00	£78.00
	Technical Blitz	8-9pm	£68.00	£78.00
<b>Friday</b>	Cardio Tennis	6.30-7.30pm	£6.00 per week	£6.00 per week

# OUR TENNIS COURSE DESCRIPTIONS

## JUNIOR & ADULT TENNIS PROGRAMME



Class		Description
<b>Tots Tennis</b> 8 years & under, fun play and play sessions		For players aged 3-6 years, parents are encouraged to join their child on court. Fun agility, balance and co-ordination sessions.
<b>Mini Red</b> 8 years & Under, Smaller court, 19" – 23" Racquets		At Mini Red players start developing the core skills of movement, coordination and basic technique. Players 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		Players use lower compression balls, use more advanced tactics and techniques. Competition includes slightly longer matches, often played as part of a team.
<b>Mini 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.
<b>Juniors - U12, U14 &amp; U18</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.
<b>Club Squad</b> Available for all ages (invitational only)		Squads are for players who want to take their tennis a little more seriously. These groups are designed for players who are committed to regular coaching (more than twice a week) and competition. Club Squad Plus – Invite only.
<b>Tennis Xpress</b>		Fast track beginner's course. This class is for players who have not played before or who want to learn basic rallying and serving skills.
<b>Technical Blitz</b>		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>Cardio Tennis</b>		Cardio Tennis is a fitness workout on a tennis court. Fast moving drills will be used and music will help keep you in your workout zone.
<b>Drills Challenge</b>		These monthly sessions will be focused on a main shot and using it to your advantage. They will include tactical and technical in-depth advice and coaching, proceeding to tactical advice and putting it in your game.

### TERMS & CONDITIONS

- **Bookings** – bookings should be made in advance. Players on the current 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 Annette Webb on 02476764647.