

**Pete Cox**  
**LTA Qualified Coach**  
**Tel: 07895 120066**  
**E-Mail: Pete\_Tennis@hotmail.co.uk**

- All equipment available to borrow.
- Wilson Racquet salesperson- ask for more info.

**Club Group Coaching:**

**Members:**

£4 per 60 minute session or £20 for 6 weeks (Payable in advance)  
£3 per 45 minute session or £15 for 6 weeks (Payable in advance)

**Non-Members:**

£5 per 60 minute session  
£4 per 45 minute session

**Times (Starting Week Commencing 18th April 2011):**

**Tuesday (St Chads Tennis Club)**

4-4.45pm Mini Red Tennis (Ages 5-7)  
4.45-5.45pm Mini Orange/ Green Tennis (Ages 8-10)  
5.45-6.45pm Junior Tennis (Ages 11-15)  
6.45-7.45pm Adult Improver (Ages 16+)

**Wednesday** (Starts Week Commencing 28th March 2011 @ Ramada Jarvis Hotel, LS16 8AG)

6.30-8.30pm Mens, Ladies and Mixed Team Coaching

**Thursday (St Chads Tennis Club)**

4-5pm Junior Matchplay (£2 Per Person)  
5-6pm Adult Cardio Tennis (£3 Per Person)

**Private Tuition:**

Individual/ Small Group: £18 Per hour  
5 Lessons (1hour) for £75 (Payable in advance).

**Racquets and Accessories:**

Racquets vary from £15- £150, demo racquets available to test.  
For grips, balls, stringing, bags etc please ask.

### **Adult Programme:**

A range of group coaching is available for beginner, intermediate and advanced players.

Individual coaching is available upon request.

#### **Adult Coaching:**

60 minute group sessions aimed at developing adult tennis skills in a relaxed social environment. We will work on tactics, technique in both doubles and singles format.

Age: 18+\*

#### **Cardio Tennis:**

A high intensity fitness session aimed at sharpening technique and keeping the heart rate high. Usually played to music.

Ideal for beginners- advanced.

Age: 18+\*

*\* Adult coaching will welcome players of 16+, providing they are well mannered Individuals who understand sporting etiquette.*

### **Junior Programme:**

#### **Mini-Red:**

45 minute sessions providing an introduction to tennis.

Ages: 5-7

#### **Mini-Orange:**

60 minute sessions using low compression balls. Designed to teach technique and fun competition on a reduced sized court.

Ages: 8-9

#### **Mini-Green:**

60 minute session on a full size tennis court. Session focuses on tactical and technical knowledge to prepare the player for full ball tennis.

Ages: 10

#### **Junior Coaching:**

60 minute sessions played on a full court with full balls. These sessions cater for the beginner to the advanced. Covering a vast area of coaching.

Ages: 11-15