

WEEK 5 30th AUGUST to 3rd SEPTEMBER

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

Course 11

Wed & Thurs, 1st & 2nd September 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

Tuesday to Friday, 31st August to 3rd September inclusive from 9-30 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: £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.

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!*



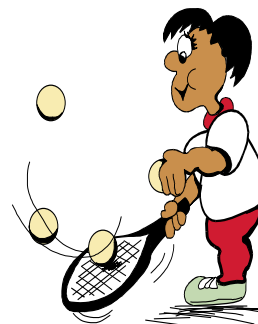
WEST BRIDGFORD TENNIS CLUB

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

Summer Holiday Junior Coaching & Activities

2nd August to 3rd September 2010

**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 2nd to 6th AUGUST

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

Mon & Tues 2nd & 3rd 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

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

Tues to Friday, 3rd to 6th 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 3

Tues to Friday, 3rd to 6th 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)

WEEK 2 9th to 13th AUGUST

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

Mon to Thurs 9th to 12th 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 9th to 12th 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 4-30pm for 11 to 16 year olds to come and play with your friends on 3rd, 10th, 24th & 31st August.



WEEK 3 16th to 20th AUGUST

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

Mon & Tues 16th & 17th 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, 16th to 20th 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: £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 23rd to 27th AUGUST

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

Fri 27th 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 23rd to 26th 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 23rd to 26th 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 23rd to 26th 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 2010
Junior Coaching & Activities
2nd August to 3rd September
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 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.

Signature of parent / guardian:

**Summer Holidays 2010
Junior Coaching & Activities
2nd August to 3rd September
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 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.

Signature of parent / guardian:

