

Blaby Victoria Tennis Club

Lutterworth Road, Blaby LE8 4GQ

(at rear of Social Centre)

For membership details, please contact **G Gutteridge** on **07751 098294** or contact the club by email on **barbarajbedford@dunelm.org.uk**

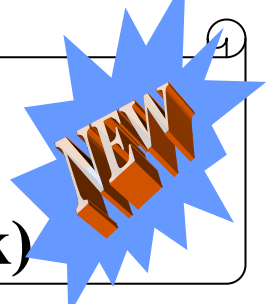


Be the best you can be

TENNIS COACHING COURSES

Mondays 2010

Starts 12 April to 17 May (6 week block)



SPORT ENGLAND

All equipment **FOR JUNIORS** provided by Sport England Project 'Come and play Tennis—under 10 programme'

COURSE	DESCRIPTION	DAY/TIME	COST		Ref No
			Member	Non Member	
Mini Red (4-8 years) AND Orange (8-9 years)	Red ball mini tennis is played on smaller courts with shorter rackets and red balls. It is suitable for beginners and will give youngsters the chance to develop a broad range of skills to play all balls sports effectively. Key focus on practising different types of shots, co-ordination, throwing and catching, balance and having lots of fun too. Played on 3/4 court with bigger rackets and orange balls. The next stage to go through before playing on a full sized court, to help players develop all the different shots and provide fun competition.	Monday 4.15-5.05pm	£21	£27	RO1
Mini Green (10-11 years) AND Junior (11 years plus)	Played on full court with bigger rackets and green balls. The next stage to go through before playing with full compression yellow balls. To help players develop all the different shots and provide fun competition. Played on a full sized tennis court, with full size rackets and full compression yellow balls. To develop technique and skills further and learn competition scoring and tactics.	Monday 5.15-6.15pm	£21	£27	GJ1
Adults (Beginners/Improvers)	New adult beginner session. Great opportunity to get some exercise and learn to play or make a come back to tennis!!! Fun and social session with all abilities welcome.	Monday 6.30-8pm	£12	£12	A1

RACKETS AVAILABLE IF REQUIRED.
Please ensure children are dressed appropriately for tennis and weather.

Please supply a water bottle each session.

Lessons are led by Coach, **Dominic Hole** who is a Licensed LTA coach. All coaches are CRB checked. *Course may be cancelled if numbers are low.*

For further information please contact **Dom** on **07817 612635** or email on **dominichole@hotmail.com** or alternatively contact **Richard Wilson** on **07971 457739** or by email on **richard@r2rtennis.co.uk**

Please complete the section below and send with cheque to Dominic Hole c/o R2R Tennis Ltd, 155 Cold Overton Road, Oakham, Rutland LE15 6NU.

All cheques are to be made payable to **R2R Tennis Ltd**. Payment for each course **MUST** be made prior to the start of the course.



NAME:		AGE OF CHILD:		COST:	£
ADDRESS:				REF NO:	
MOBILE NO:		EMERGENCY CONTACT NO:		DATE OF BIRTH:	
EMAIL ADDRESS:		MEDICAL INFO:			

www.r2rtennis.co.uk