



# Oakham Tennis Club

Coaching Programme



Tuesday 3<sup>rd</sup> January to  
Saturday 11<sup>th</sup> February

**Adults:**

- Tuesdays 09:00 ~ 10:30 Drills and Skills £48
- Tuesdays 13:00 ~ 14:30 Advanced(invite only) £48
- Thursdays 18:00 ~ 19:00 Beginners/Rusty Rackets £30
- Fridays 09:30 ~ 11:00 Technique AND Tactics £48
- Wednesdays 0920-1020 Cardio Tennis ££36

**Mini Reds (under 8s):**

- Thursdays 16:00 ~ 16:50 At **Catmose Sports Centre** £33
- Saturdays 10:30 ~ 11.20 At **Catmose Sports Centre** £33

**Mini Oranges (under 9s):**

- Thursdays 17:00 ~ 18:00 At **Catmose Sports Centre** £33
- Saturdays 09:00 ~ 10:00 At **Oakham** £30

**Mini Green and Full Tennis (10-16yrs)**

- Saturdays 09:00 ~ 10:00 At **Oakham** £30

**NEW- JUNIOR CARDIO TENNIS 12-18yrs**(to improve fitness and tennis) **THURSDAYS 1800-1900 Catmose Sports Centre** £33

**Junior Performance (by invitation only):**

- Monday 1600 ~ 1700 Mini Green/Full At **Catmose** £30
- Monday 17:00 ~ 18:00 Mini Red/Orange at **Catmose** £30

To find out more or to book your place please contact:

Head Coach: Dan Potter mobile: 07834 470940

email: [djpotter2@hotmail.com](mailto:djpotter2@hotmail.com)



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## REGISTRATION FORM

Name.....

Date of Birth (child).....

Email Address.....

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Emergency Contact: Phone number(s) .....

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Medical Conditions/ Allergies.....

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Please record and number the session and time you wish to attend here.....

.....and make cheque payable to **R2R Tennis Limited** and send to **155 Cold Overton Road, Oakham, Rutland, LE15 6NU**. To find out more please contact Head coach **Dan Potter** on **07834470940** or email **djpotter2@hotmail.com**