

Peter Harding
07907 990226

James Muir
07985 286176



Be the best you can be

Please can all Junior players become British Tennis registered.

For more information or to register, please visit www.lta.org.uk/britishtennismembership or phone 0845 873 7202,

INDIVIDUAL COACHING LESSONS:

PETER AND JAMES offer individual coaching lessons for all levels and abilities



BROKEN STRINGS/WORN GRIP—Peter can re-string and change grips—please discuss prices with Peter.

FORTHCOMING DATES FOR YOUR DIARY:

* Team Tournaments and Summer Matches

WHAT'S ON AT THRAPSTON:

- Ladies League Squad night on Tuesday's at 7.30pm
- Men's Club Night on Monday's at 7pm
- Club night on Wednesday evenings 7pm and Sundays
- League matches begin in the Spring

Want to join in, then become a member and contact Jane Welman on 01832 720021 for further information.

www.r2rtennis.co.uk



COACHING COURSES

at

Thrapston Tennis Club  Tennis Clubmark

WINTER PROGRAMME
Starts w/c Monday, 2nd January
—Saturday, 11 February 2012
for a 6 week block









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COACHING COURSES (ages are only guidelines and depend on experience and ability):

COURSE	DESCRIPTION	DAY/TIME	COST	Ref No
 Red (3-8 years)	Red ball mini tennis is played on smaller courts with shorter rackets and softer balls. For beginners.	Thurs 4.05—4.50pm Or Sat 10—10.45am	£30	RT RS
 Red Performance (Invite Only)	For stronger red players. Match practice and tactics delivered throughout session. Invite by the Head Coach.	Weds 4—5pm Fri 4-5 pm	£36	RP
 Orange (8/9 years)	Played on 3/4 court with bigger rackets and orange balls. To help players develop all the different shots and provide fun competition.	Thurs 4.50—5.35pm Or Sat 11—12 Noon	£30	O1
 Orange Performance (Invite Only)	For stronger orange players. Match practice and tactics are delivered throughout the session. Invite by the Head Coach.	Fri 5—6pm	£36	OP
 Green (10-11 years)	Played on a full sized court using bigger rackets and low compression green balls.	Weds 5.30—6.25pm or Sat 11—12 pm	£30	G1
 Green Performance (Invite Only)	For stronger red players that can rally with a partner. Match practice and tactics are delivered throughout the session. All players for this group are invited by the Head Coach.	Fri 5 – 6pm	£36	GP
Teens (11 years plus)	Played on a full sized tennis court, with full size rackets and full compression yellow balls.	Thurs 6—7pm	£30	T1
Mums n Tots (2-5 years)	A fun, informal and interactive play session introducing your tots to tennis and ball sports. Plenty of games in a fun environment.	Thurs 1.30– 2.15pm	£21	M1
Rusty Rackets (Adults)	Great opportunity to get some exercise and learn to play or make a come back to tennis!!! Fun, social night with all abilities welcome.	Fri 6. – 7 pm	£36	RR
Adult Improvers	Players that can consistently rally and team players only with technical and tactical advice given.	Thurs 7—8.30pm	£45	AI
Adult Beginners	For anybody that haven't picked up a racket since school or not at all and want to learn to play in a very informal environment with lots of exercise to keep you on your toes!!	Sat 9am—10am	£36	L1

RACKETS AVAILABLE IF REQUIRED. Please ensure children are dressed appropriately for tennis and weather. In the case of inclement weather, please contact Peter or James to check if lesson is on.
Please supply a water bottle each session.

Please complete the section below and send with cheque to Peter Harding, 10 Anson Close, Corby, Northants NN17 2RR.

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.

Ref No of course applying for: Day:

Cheque enclosed for:

NON MEMBERS of Thrapston Tennis Club, please add £7 to the cost of the Course (not applicable to Mums n Tots class). To become an annual member, please discuss with Peter.

Please fill in General Information:

NAME OF CHILD:			
ADDRESS:			
MOBILE NO:	<input type="text"/>	EMERGENCY CONTACT NO:	<input type="text"/>
EMAIL ADDRESS:	<input type="text"/>	MEDICAL INFO:	<input type="text"/>
DATE OF BIRTH:	<input type="text"/>	AGE OF CHILD:	<input type="text"/>
Is this the same course as last time:	<input type="text"/>		

Lessons are led by Head Coach, Peter, who is a licensed LTA coach or by James, Performance Coach. All coaches are CRB checked. Course may be cancelled if numbers are low.

If you would like any further information please contact **Peter** on **07907 990226** or by email on **pete@r2rtennis.co.uk**, or alternatively contact **James** on **07985 286176** or by email on **jmtennisace@hotmail.com**