

**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](http://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:

Club Tournament Finals Day in September.

### WHAT'S ON AT THRAPSTON:

- Ladies League Squad night on Tuesday's at 7pm
- Men's Club Night on Thursday'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](http://www.r2rtennis.co.uk)



## COACHING COURSES

at

Thrapston Tennis Club  Tennis Clubmark

## AUTUMN PROGRAMME

Starts Tuesday, 7 Sept

—Saturday, 23 Oct 2010

for a 7 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
 <b>Red</b> (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	£31.50	RT RS
 <b>Red Performance</b> (Invite Only)	For stronger red players. Match practice and tactics delivered throughout session. Invite by the Head Coach.	Weds 4—5pm	£35	RP
 <b>Orange</b> (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	£31.50	O1
 <b>Orange Performance</b> (Invite Only)	For stronger orange players. Match practice and tactics are delivered throughout the session. Invite by the Head Coach.	Fri 4—5pm	£35	OP
 <b>Green</b> (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	£31.50	G1
 <b>Green Performance</b> (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	£35	GP
<b>Teens</b> (11 years plus)	Played on a full sized tennis court, with full size rackets and full compression yellow balls.	Thurs 6—7pm	£31.50	T1
<b>Mums n Tots</b> (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	£24.50	M1
<b>Rusty Rackets</b> (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.	Tues 7 – 8 pm	£38.50	RR
<b>Adult Improvers</b>	Great opportunity to get some exercise and learn to play or make a come back to tennis!!! Fun, social night with all abilities welcome.	Thurs 7—8.30pm	£49	AI
<b>Beginners</b> (Ladies)	For those lovely ladies 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	£33	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, 5 Granby Close, Corby, Northants NN18 0AG.

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:		EMERGENCY CONTACT NO:	
EMAIL ADDRESS:		MEDICAL INFO:	
DATE OF BIRTH:		AGE OF CHILD:	
Is this the same course as last time:			

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**