

Peter Harding

07907 990226

James Muir
07985 286176



Be the best you can be

All lessons are led by Head Coach, Peter Harding, who is a licensed LTA 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**

INDIVIDUAL COACHING LESSONS: PETER HARDING also offers individual coaching lessons at £20 per hour, £12/ half hour.

ADULT BEGINNER/RUSTY RACKETS are held on Tuesday and Thursday evenings 7-8pm in term times. Great opportunity to get some exercise and learn to play or make a come back to tennis!!! Fun, social night with all abilities welcome.

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

FORTHCOMING DATE FOR YOUR DIARY:
September coaching classes will be back on 9 September for next block of coaching courses.



www.r2rtennis.co.uk



SUMMER COACHING COURSES

2010

at

Thrapston Tennis Club

WEEK 1 2nd—6th AUGUST
WEEK 2 9th—12th AUGUST
WEEK 3 23rd—27th AUGUST

IMPROVE YOUR CHILD'S TENNIS IN 1 WEEK!

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

 **Mini Mini's** (3/4 years) and **Mini Reds** (4-8 years)
9 - 10 am


Red ball mini tennis is played on smaller courts with shorter rackets and softer 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.

 **Mini Orange** (8/9 years)
10 - 11am

Played on 3/4 court with bigger rackets and next stage orange balls. This is 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.

 **Mini Green** (10/11 years)
11 - 12 Noon

Played on a full sized court using bigger rackets and low compression green balls. It is the next stage to go through before playing with a full compression yellow ball. It will help players to work on and improve all aspects of their game within a fun, competitive environment.

 **Yellow** (Junior Tennis—11 years and over)
12—1pm

Played on a full sized tennis court, with full size rackets and full compression yellow balls. It is the last stage of “mini” tennis to develop technique and skills further and learn competition scoring and tactics.

RACKETS AVAILABLE IF REQUIRED. Please ensure children are dressed appropriately for tennis and weather. Please supply a water bottle each session.

COSTS:

WEEK	DATE	DURATION	DAILY	BLOCK
WEEK 1	Mon, 2nd—Fri, 6th August	5 days	£6.50	£25
WEEK 2	Mon, 9th—Thurs, 12th August	4 days	£6.50	£20
WEEK 3	Mon, 23rd—Fri, 27th August	5 days	£6.50	£25

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.**

Please tick which week/day attending:

Week 1	ALL		MON		TUES		WEDS		THURS		FRI	
Week 2	ALL		MON		TUES		WEDS		THURS		FRI	
Week 3	ALL		MON		TUES		WEDS		THURS		FRI	

Please tick which class attending:

Mini Mini's	Mini Reds	Mini Orange	Mini Green	Yellow

Please fill in General Information:

NAME OF CHILD:		AGE OF CHILD:	
ADDRESS:			
MOBILE NO:		EMERGENCY CONTACT NO:	
EMAIL ADDRESS:		MEDICAL INFO:	