

Course Information :

Term 1 coaching courses run for 6 weeks starting on Monday 5th September 2016 & ending on Sunday 16th October 2016. These coaching sessions are run by Head Coach, Marc Phillips - Level 4 Coach and Jordan Mitchell - Level 2 Coach.

How to book ?

For all enquiries please contact us on enquiries@kingssportscentre.co.uk or call directly on 01634 818422. A registration form must be completed along with full payment to confirm you or your child's place. You can either do this directly at Reception or by emailing it back to us.

Bad Weather / Cancellation Policy

Our bad weather 'catch up' week (in case of any missed sessions) will be between Monday 17th October & Saturday 22nd October 2016. In the case of bad weather please note that the decision to cancel will be made at the start of each session, advance notice can not be given and therefore you are required to turn up as usual. If the session has to be cancelled for any other reason we will contact you as soon as possible.

Minimum Numbers

Although we make every effort to run all the listed courses, we must have a minimum of 4 attendees booked in for a course to take place.

King's Rochester Sports Centre, 601 Maidstone Road, Rochester, Kent, ME1 3QJ

T: 01634 818422 E: enquiries@kingssportscentre.co.uk



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KRSC



TENNIS Programme

Term 1

5th September 2016 —15th October 2016



In the event of bad weather the "catch up" week will be from
17th October 2016—22nd October 2016

01634 818422

www.kingssportscentre.co.uk

enquiries@kingssportscentre.co.uk

Tots Tennis (3—5 Years)

| | Session | Day | Time | Weeks | Members | Non-Members |
|-----|---------|----------|--------------|-------|---------|-------------|
| 1 T | Tots | Saturday | 9.00—9.30 am | 6 | £18.00 | £26.40 |
| 2 T | Tots | Monday | 4.30—5.00 pm | 6 | £18.00 | £26.40 |

Description

Tots tennis is for children aged 3-5 years old and enables them to learn the basics and how to enjoy the game through a series of fun activities, based on the fundamental areas of balance, co-ordination, agility, movement, racquet and ball skills. Played with sponge/felt tennis balls

Mini Red Tennis (5—8 Years)

| | Session | Day | Time | Weeks | Members | Non-Members |
|-----|----------|-----------|----------------|-------|---------|-------------|
| 3 R | Mini Red | Tuesday | 4.00—5.00 pm | 6 | £34.50 | £42.90 |
| 4 R | Mini Red | Tuesday | 5.00—6.00 pm | 6 | £34.50 | £42.90 |
| 5 R | Mini Red | Wednesday | 4.30—5.30 pm | 6 | £34.50 | £42.90 |
| 6 R | Mini Red | Thursday | 4.00—5.00 pm | 6 | £34.50 | £42.90 |
| 7 R | Mini Red | Friday | 4.00—5.00 pm | 6 | £34.50 | £42.90 |
| 8 R | Mini Red | Saturday | 9.30—10.30 am | 6 | £34.50 | £42.90 |
| 9 R | Mini Red | Saturday | 10.30—11.30 am | 6 | £34.50 | £42.90 |

Description

Mini red players learn to serve, rally and score with a slow ball, as well as learning the movement and co-ordination skills needed for tennis. Mini scoring applies.

Mini Orange Tennis (8—9 Years)

| | Session | Day | Time | Weeks | Members | Non-Members |
|------|---------|----------|----------------|-------|---------|-------------|
| 10 O | Orange | Thursday | 5.00—6.00 pm | 6 | £34.50 | £42.90 |
| 11 O | Orange | Friday | 5.00—6.00 pm | 6 | £34.50 | £42.90 |
| 12 O | Orange | Saturday | 11.30—12.30 pm | 6 | £34.50 | £42.90 |

Description

Mini orange players develop a rounded game, learning a range of techniques and tactics. Mini scoring applies.

Mini Green Tennis (10 Years)

| | Session | Day | Time | Weeks | Members | Non-Members |
|------|---------|--------|--------------|-------|---------|-------------|
| 13 G | Green | Monday | 5.00—6.00 pm | 6 | £34.50 | £42.90 |

Description

Mini green players can now put their technique and skills into practice on a full size tennis court with a faster ball. Full scoring now applies.

Junior Tennis (11+ years)

| | Session | Day | Time | Weeks | Members | Non-Members |
|------|---------|-----------|--------------|-------|---------|-------------|
| 14 J | Junior | Wednesday | 5.30—7.00 pm | 6 | £51.00 | £59.40 |
| 15 J | Junior | Saturday | 1.30—2.30 pm | 6 | £34.50 | £42.90 |

Junior players develop their technical skills on a full size tennis court. Full tennis scoring is used.

Adult Tennis (16 + Years)

| | Session | Day | Time | Weeks | Members | Non-Members |
|------|---------|----------|--------------|-------|---------|-------------|
| 16 A | Adult | Thursday | 7.00—8.00 pm | 6 | £40.50 | £51.90 |

Adult courses are available for players with little, or no tennis experience to players with a sound tennis background. These sessions will focus on developing technique and understanding using point-based drills and match-play.

Plus Session with Marc—Our Head Coach has selected players who show a real desire to advance their tennis, these sessions are by invite only. Plus session players will be expected to play matchplay/tournaments outside of the group hours.

Mini Red +

| Session | Day | Time | Weeks | Members | Non-Members |
|---------|----------|---------------|-------|---------|-------------|
| Red + | Saturday | 9.15—10.00 am | 6 | £46.50 | £54.90 |
| Red + | Thursday | 5.00—5.45 pm | 6 | £46.50 | £54.90 |

Orange +

| Session | Day | Time | Weeks | Members | Non-Members |
|----------|-----------|--------------|-------|---------|-------------|
| Orange + | Wednesday | 4.30—5.30 pm | 6 | £61.50 | £69.90 |
| Orange + | Thursday | 4.00—5.00 pm | 6 | £61.50 | £69.90 |

Green +

| Session | Day | Time | Weeks | Members | Non-Members |
|---------|----------|----------------|-------|---------|-------------|
| Green + | Saturday | 10.00—11.00 am | 6 | £61.50 | £69.90 |