

## Tennis Coaching Programme @ KRSC

For more detailed information on Mini Tennis Ratings, please see our Tennis notice board.

### TOTS COURSE - 3 to 5 years old (max 7)

DAY	COACH	TIME	WEEKS	MEMBERS PRICE	NON-MEMBERS PRICE
Saturday	Jordan	9.00 - 9.30pm	4	£11.00	£16.20

### MINI RED COURSE - 5 to 8 years old (max 7)

DAY	COACH	TIME	WEEKS	MEMBERS PRICE	NON-MEMBERS PRICE
Wednesday	Jordan	4.30 - 5.30pm	4	£22.00	£27.20
Thursday	Jordan	4.00 - 5.00pm	4	£22.00	£27.20
Friday	Marc	4.00 - 5.00pm	4	£22.00	£27.20
Saturday	Jordan	9.30 - 10.30am	4	£22.00	£27.20
Saturday	Jordan	10.30 - 11.30am	4	£22.00	£27.20

### MINI ORANGE COURSE - 8 to 9 years old (max 7)

DAY	COACH	TIME	WEEKS	MEMBERS PRICE	NON-MEMBERS PRICE
Friday	Marc	5.00 - 6.00pm	4	£22.00	£27.20
Saturday	Jordan	11.30am - 12.30pm	4	£22.00	£27.20

### MINI GREEN COURSE - 10 years old (max 7)

DAY	COACH	TIME	WEEKS	MEMBERS PRICE	NON-MEMBERS PRICE
Monday	Jordan	5.00 - 6.00pm	4	£22.00	£27.20

### JUNIOR COURSE - 11+ years old

DAY	COACH	TIME	WEEKS	MEMBERS PRICE	NON-MEMBERS PRICE
Wednesday	Marc	5.30 - 7.00pm	4	£33.00	£38.20
Saturday	Marc	1.30pm - 2.30pm	4	£22.00	£27.20

### ADULT COURSE - 16+ years old

DAY	COACH	TIME	WEEKS	MEMBERS PRICE	NON-MEMBERS PRICE
Thursday	Marc	7.00 - 8.00pm	4	£26.00	£33.20

## Extra Practice @ KRSC

An opportunity for everyone on our programme to increase their on court time.

### Extra Practice - for those already enrolled on the Coaching Programme

DAY	COACH	TIME	WEEKS	MEMBER	NON-MEMBER
<b>MINI TOTS - Extra Practice</b>			<b>Pay &amp; Play - Book weekly at Reception</b>		
Tuesday	Jordan	4.00 - 4.30pm	4	£1.50	£2.80
<b>MINI RED - Extra Practice</b>			<b>Pay &amp; Play - Book weekly at Reception</b>		
Tuesday	Jordan	4.30 - 5.30pm	4	£3.00	£4.30
<b>MINI ORANGE - Extra Practice</b>			<b>Pay &amp; Play - Book weekly at Reception</b>		
Tuesday	Jordan	5.30 - 6.30pm	4	£3.00	£4.30
<b>MINI GREEN - Extra Practice</b>			<b>Pay &amp; Play - Book weekly at Reception</b>		
Tuesday	Jordan	5.30 - 6.30pm	4	£3.00	£4.30
<b>JUNIOR - Extra Practice</b>			<b>Pay &amp; Play - Book weekly at Reception</b>		
Tuesday	Jordan	6.30 - 7.30pm	4	£3.00	£4.30

## Plus Group Coaching Programme @ KRSC

Our Head Coach has selected players who show a real desire to advance their tennis. These players are expected to attend the matchplay training session on Monday's whenever possible and progress onto internal and external competitions.

### PLUS COURSE's - with Marc Phillips (max 4)

COURSE	DAY	TIME	WEEKS	MEMBER	NON-MEMBER
Red+	Saturday	9.15 - 10.00am	4	£30.00	£35.20
Red+	Wednesday	4.30 - 5.30pm	4	£40.00	£45.20
Red+	Thursday	4.00 - 5.00pm	4	£40.00	£45.20
Orange+	Saturday	10.00 - 11.00am	4	£40.00	£45.20
Green+	Saturday	11.00 - 12.00 noon	4	£40.00	£45.20

## Plus Group Matchplay Training @ KRSC

An opportunity for Plus group players to increase their on court time, leading to internal an external Competitions.

### PLUS GROUP - Additional MATCHPLAY TRAINING for those already enrolled on the Plus Course coaching programme

DAY	COACH	TIME	WEEKS	MEMBER	NON-MEMBER
Monday	Marc	5.00 - 6.30pm	4	£4.00	£5.30

## Tennis Social @ KRSC

Tennis is a great way to stay fit, meet new people or have fun with family and friends. It's easy to pick up a racquet and play tennis and this session covers all abilities, from beginners to those wanting a more challenging game. Bookable weekly at Reception.



# TENNIS

P r o g r a m m e

Term 4

### TENNIS SOCIAL - 16+

DAY	COACH	TIME	MEMBERS PRICE	NON-MEMBERS PRICE
Wednesday	Jim	7.00 - 8.30pm	£4.30	£6.10

## Course Information:

Term 4 Coaching courses run for 4 weeks starting on *Monday 22nd February 2016 & ending on Saturday 19th March 2016*. These coaching sessions are run by Head Coach, Marc Phillips (MP) - Level 4 Coach, Jordan Mitchell (JM) - Level 2 Coach & Jim Barton (JB) - Level 2 Coach.

### How to book?

For all enquiries please contact us on [enquiries@kingsportscentre.co.uk](mailto:enquiries@kingsportscentre.co.uk) or call directly on 01634 818422. A registration form must be completed with payment to confirm your 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 'makeup' week (*in case of any missed sessions*) will be between Monday 21st March & Saturday 26th March 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@kingsportscentre.co.uk](mailto:enquiries@kingsportscentre.co.uk)



*Monday 22<sup>nd</sup> February 2016 - Saturday 19<sup>th</sup> March 2016*