



# TENNIS Programme

## Term 5

17th April 2017 — 27th May 2017



### FAQ'S

#### Course Information:

Term 5 coaching courses run for six weeks starting on Monday 17th April to Saturday 27th May 2017. 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@kingsportscentre.co.uk](mailto:enquiries@kingsportscentre.co.uk) or call directly on 01634 818422. A registration and a health 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 (to cover any missed sessions) will be held between Monday 29th May & Saturday 3rd June 2017. 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)

Saturday will be a five week programme this term as we are running our Great British Tennis Weekend Open Days on the 13th and 14th of May.  
Existing players and their parents are more than welcome.  
Please visit Great British Tennis Weekend website to sign up for the open day.

In the event of bad weather the "catch up" week will be

29th May 2017 — 3rd June 2017

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[www.kingsportscentre.co.uk](http://www.kingsportscentre.co.uk)

[enquiries@kingsportscentre.co.uk](mailto:enquiries@kingsportscentre.co.uk)



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### Tots Tennis (3—5 Years)

	Session	Day	Time	Weeks	Members	Non-Members
1 T	Tots	Saturday	9.00—9.30 am	5	£15.00	£22.00
2 T	Tots	Saturday	11.30—12.00 pm	5	£15.00	£22.00

#### 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, racket and ball skills. Played with sponge tennis balls

### Mini Red Tennis (5—8 Years)

	Session	Day	Time	Weeks	Members	Non-Members
1 R	Mini Red	Tuesday	4.00—5.00 pm	6	£34.50	£42.90
2 R	Mini Red	Wednesday	4.30—5.30 pm	6	£34.50	£42.90
3 R	Mini Red	Thursday	4.00—5.00 pm	6	£34.50	£42.90
4 R	Mini Red	Friday	4.00—5.00 pm	6	£34.50	£42.90
5 R	Mini Red	Saturday	9.30—10.30 am	5	£28.75	£35.75
6 R	Mini Red	Saturday	10.30—11.30 am	5	£28.75	£35.75

#### 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
1 O	Orange	Thursday	5.00—6.00 pm	6	£34.50	£42.90
2 O	Orange	Friday	5.00—6.00 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
1 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
1 J	Junior	Wednesday	5.30—7.00 pm	6	£51.00	£59.40
2 J	Junior	Saturday	11.00—12.00 pm	5	£28.75	£35.75

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
1 A	Adult	Thursday	7.00—8.30 pm	6	£60.60	£71.40
1 A	Adult	Pay as you go for Adult Sessions			£12.00	£13.90

Adult courses are available for players with little to no tennis experience, up 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 selects players who show a real desire to advance their tennis, these sessions are by invite only. Plus session players will be expected to play match play/tournaments outside of the group hours.

### Mini Red +

Session	Day	Time	Weeks	Members	Non-Members
Red +	Saturday	9.15—10.00 am	5	£30.00	£35.00

### Orange +

Session	Day	Time	Weeks	Members	Non-Members
Orange+	Thursday	4.00—5.00 pm	6	£61.50	£69.90
Orange +	Thursday	5.00— 5.45 pm	6	£46.50	£54.90

### Green +

Session	Day	Time	Weeks	Members	Non-Members
Green +	Wednesday	4.30— 5.30 pm	6	£61.50	£69.90
Green +	Saturday	10.00—11.00 am	5	£40.00	£58.25