

Tennis Sessions start week commencing Monday 2nd January and finishes on Sunday 1st April 2012. (Break from Monday 13th Sunday 19th February)

The cost of each complete course is £130 (members) / £140 (non members). A 10% discount applies if more than one session is attended. If you require any further information please contact Head Coach Matt McTurk on 07711 181998.



BEGINNERS / IMPROVERS

Sunday 3.30-5pm

Sessions are intended to provide a basic knowledge of all shots, providing individuals with the ability to maintain a groundstroke rally from the baseline, serve over-arm and play a game of singles/doubles. This group will also provide a basic knowledge of the rules and will include technical and tactical development incorporated within drills and fun games. Players can progress from the beginners coaching sessions into the Intermediate level and also join the social tennis sessions throughout the week.

IMPROVER/INTERMEDIATE

Sunday 5 - 6.30pm

Sessions will reinforce the fundamentals of all shots and help players progress their games to good club standard, incorporating doubles tactics, drills and fun games. Players will be expected to rally consistently from the baseline and be able to play a match.

INTERMEDIATE / ADVANCED

Wednesday 10 - 11.30am

Friday 10 - 11.30am

For players who have a good understanding of the rules and tactics for both singles and doubles and have some experience playing club level matches. Players should be able to rally from the baseline and be able to play all the basic strokes with spin, pace and accuracy. Sessions will cover technical and tactical aspects of the game with an emphasis on doubles play.

Registration Details

Please confirm all sessions by ticking the relevant boxes and send a cheque (payable to 'Tennis Heaton') to Heaton Tennis and Squash Club, Highgate, Heaton, Emm Lane, Bradford BD9 5PH before Monday 2nd January. Please note prompt payment will help keep our costs down and prevent unnecessary price increases. Payments that require chasing will incur a £6 admin fee.

Name

Date of Birth

Address

Postcode

Email *

Telephone

BTM Number (British Tennis Membership Number)

I have enclosed a cheque for £ as full payment for the complete course, this includes 10% discount (if applicable).

* please make sure you provide your email address