



1-2-1 lessons at LTC

Qualifications:

- PTR Pro
- LTA level 4 Senior Club Coach
- Fully licensed
- First aid trained
- DBS checked

Awards:

- AEGON British Tennis County Coach of the year 2015 and 2017
- AEGON British Tennis East Region Disability Programme the year 2016

Other:

- Disability tennis
- Cardio tennis
- U10 mini tennis performance
- Basic referee license
- U18 girl's county coach
- Ladies county captain
- UKRSA Professional Stringer
- SheRallies Ambassador for Bedfordshire



1-2-1 Lessons are available for all juniors and adults – days and times can be arranged by calling

Sara Bamford on 07561571578

(Monday through Friday AM or PM only)

- 1 hour lesson = £26
- ½ hour lesson = £16

Why not share a lesson with a friend?

- £16 each for a 1 hour session