



LITTLEOVER TENNIS CLUB

40, Eastwood Drive, Littleover, Derby DE23 6BN

SATURDAY COACHING

Time	Activity	Age
9-10am	Mini Red <i>(Cost per session – Members £5; Non-members £7)</i> Fun inclusive activities with an emphasis on ABCs (Agility, Balance, Coordination and speed). Available for all abilities	Under 8
10-11am	Mini Orange <i>(Cost per session – Members £5; Non-members £7)</i> Fun inclusive activities with an emphasis on technical development and SAQ (Speed, Agility and Quickness) development.	8-9 years old
11-12noon	Teenage Girls group <i>(Cost per session – Members £5; Non-members £7)</i> Fun environment for girls to learn together and make new friends, with focusing on enjoyment and developing new skills, along with understanding the game more	10+
12-1pm	Teenage boys group <i>(Cost per session – Members £5; Non-members £7)</i> Fun environment for boys to learn together and make new friends, with focusing on enjoyment and developing new skills, along with understanding the game more	10+
1-2:30pm	Adult Beginners <i>(Cost per session – Members £6; Non-members £8)</i> An introductory programme of tennis development – teaching the key shots, understanding match play through learning a new sport.	16+
2:30-3:30pm	Cardio tennis <i>(Cost per session – Members £5; Non-members £7)</i> A fun, sociable group fitness class set on a tennis court. Great way to get fit while playing the sport you love. Open to all abilities	16+

SUNDAY COACHING

Time	Activity	Age
1-2pm	Adult Coaching <i>(Cost per session – Members £5; Non-members £7)</i> (Club tennis) Technical and tactical drills to develop and enhance your skills	Team players and aspiring team players

FRIDAY MORNING COACHING

Time	Activity	Age
10:30-12noon	Adult coaching <i>(Cost per session – Members £6; Non-members £8)</i> Get fit, learn a new sport, or develop existing skills whilst playing the game you love	16+

Contact: littleover.tennis@ntlworld.com or visit the website www.littleovertennis.co.uk

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