

# Coaching Programme

## at Penarth Lawn Tennis Club

Sessions follow school term times and tennis camps take place out of term time. All of our courses & camps are open to members & non-members but we fully recommend joining PLTC to take advantage of our member discounts, squad programme & easy payment options. **Visit [pltc.org.uk](http://pltc.org.uk) to join today.**

### Term Time Coaching Sessions

Session	Day	Time	Weekly	Early Bird* (6 weeks)
Junior Coaching (10-16yrs)	Monday	4:30pm - 6:00pm	£7.50 / £9.50	£39 / £51
Kidz Cardio (9-16yrs)	Monday	6:00pm - 7:00pm	£6 / £8	£30 / £42
Adult Coaching	Monday	7:00pm - 8:00pm	£6 / £8	£30 / £42
Mini Orange/Green Beginners (8-10yrs)	Tuesday	5:00pm - 6:00pm	£6 / £8	£30 / £42
Mini Red Beginners (4-7yrs)	Wednesday	4:00pm - 5:00pm	£6 / £8	£30 / £42
Junior Match Play (9-16yrs)	Wednesday	5:00pm - 6:00pm	£4 / £6	£18 / £30
Only Girls Allowed! (14yrs+)	Thursday	5:30pm - 6:30pm	£6 / £8	£30 / £42
Only Girls Allowed! (9-13yrs)	Thursday	6:30pm - 7:30pm	£6 / £8	£30 / £42
Adult Drills	Thursday	7:00pm - 8:00pm	£6 / £8	£30 / £42
Cardio Tennis!	Thursday	7:30pm - 8:30pm	£6 / £8	£30 / £42
Ladies Coaching & Match Play	Friday	10:00am - 11:30am	£7.50 / £9.50	£39 / £51
Only LITTLE Girls Allowed! (4-8yrs)	Friday	4:30pm - 5:30pm	£6 / £8	£30 / £42
Saturday Morning Tots Tennis (2-4yrs)	Saturday	9:30am - 10:00am	Free / £3	-
Saturday Morning Mini Tennis (5-10yrs)	Saturday	10:00am - 11:00am	Free / £3	-
Saturday Morning Cardio Tennis!	Saturday	10:00am - 10:45am	Free / £3	-
Saturday Morning Junior Tennis (9-16yrs)	Saturday	11:00am - 12:00pm	Free / £3	-

### Holiday Tennis Camps

Session	Day	Time	Daily*	Weekly*
Mini/Junior Tennis Camps (5-12yrs)	Mon - Fri	10:00am - 3:00pm	£15 / £18	£60 / £72

\* **Early Bird Discount - Book online at the start of the course for an extra discount!**

Private Coaching & Advanced Squad Sessions are also available upon request. See our website for details.



Book your place online at:

**[valetennisacademy.co.uk](http://valetennisacademy.co.uk)** or

call **07909 987359**

Vale Tennis Academy are coaching providers based around the Vale of Glamorgan. All our coaches are LTA qualified, DBS checked and First Aid trained. Prices valid at time of printing, see our website for latest info.

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**VALE TENNIS ACADEMY**