

**2022 SUMMER HOLIDAY TENNIS CAMP**  
**(1) MONDAY 25 - FRIDAY 29 JULY**  
**(2) MONDAY 1 - WEDNESDAY 3 AUGUST**  
**AT TWICKENHAM LTC**

**...A WEEK OF .....ALL ABOUT TENNIS**

**CATERING FOR ALL AGES & ABILITIES FROM BEGINNER TO COMPETITIVE LEVELS**

**5 - 8 YEAR OLDS (KNOWN AS MIN WORLD)**

**START TIME: 10.00 - 12.00 (15 min break at 11.15)**

**-WHAT TO EXPECT:** *The emphasis is on having fun... and learn at the same time...*

- \* **DEVELOPMENT OF BASIC SKILLS**  
(balance/agility/coordination)
- \* **INTRODUCTION TO TENNIS (FH, BH, S & ROS)**
- \* **for capable players of the same age group : Competitions/prizes**

**10 & U ASPIRING COMPETITORS**

**START TIME: 10.00 - 3pm (with supervised lunch break at 12.30)**

**-WHAT TO EXPECT:**

- \* **DYNAMIC WARM UPS**
- \* **SHOT OF THE DAY**
- \* **DRILLS FOR SKILLS : FUN GAMES TO COMPLIMENT ABOVE**
- \* **MATCH PLAYS & COMPETITION ON LAST DAY OF THE WEEK**

**10 - 16 YEAR OLDS**

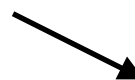
**START TIME: 10.00 - 3pm (with supervised lunch break at 12.30)**

**-WHAT TO EXPECT:**

- \* **CIRCUIT TRAINING : TENNIS FOOTIE DYNAMIC STRETCHES**
- \* **TECHNIQUE / STROKE ANALYSIS**
- \* **DRILLS FOR SKILLS : FUN GAMES TO COMPLIMENT ABOVE**
- \* **UNDERSTANDING DOUBLES**
- \* **COMPETITION ON LAST DAY OF THE WEEK**

\*\* **FULL DAY MEMBERS : £50 / NON MEMBERS £55**  
\*\* **HALF DAY MEMBERS : £25 / NON MEMBERS £28**

**TO RESERVE A PLACE PLEASE CONTACT ANDREA.....**



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