

| <u>DATES/TIMES</u> | <u>MONDAY</u> | <u>TUESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|--------------------|------------------------------------|------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| <u>9AM</u> | | | | ADULT CARDIO | RED (4-7yrs) |
| <u>10AM</u> | | | | ADULT DOUBLES | TENNIS FOR KIDS |
| <u>1PM</u> | | | | | ADULT CARDIO |
| <u>2PM</u> | | | | | ADULT BEGINNERS/RUSTY |
| <u>3PM</u> | | | | | RED/ORANGE (5-9yrs) |
| <u>4PM</u> | RED/ORANGE (5-9yrs) | ORANGE/GREEN DEVELOPMENT | GREEN PERFORMANCE | RED/ORANGE (4-9yrs) | |
| <u>5PM</u> | GREEN (9-10yrs) | | GREEN/YELLOW (9+yrs) | YELLOW DEVELOPMENT/ PERFORMANCE | |
| <u>6PM</u> | YELLOW (11+yrs) | | | YELLOW (11+yrs) | |
| <u>DATES</u> | Sep 9, 16, 23, 30 Oct 7, 14, 21 | Sep 10, 17, 24 Oct 1, 8, 15, 22 | Sep 12, 19, 26 Oct 3, 10, 17, 24 | Sep 13, 20, 27 Oct 4, 11, 18, 25 | Sep 14, 21, 28 Oct 5, 12, 19, 26 |

PRICES

ADULTS: Adult sessions can be paid for on a weekly pay and play basis. All adult classes are £6 for members, and £8 for non-members. To find out more information about what each session entails, please see the coaching section on the website.

JUNIORS:

- All sessions will run for 7 weeks and are to be block booked and paid for in advance. All juniors are required to be members of the club to continue after 1 block of sessions.
 - Junior Sessions - £42
 - Junior Development/Performance Sessions - £63 (Invitation Only)
 - Junior Yellow Ball Development/Performance Sessions (Friday) - £63 (Invitation Only)

To book onto any of these programmes, please contact Sean Evans on sean@pocklingtontennis.com or 07772151545 with the following details: full name of player, age, session they wish to attend, any medical conditions, and an emergency contact number. Payment should be done in advance and can be made by cash, cheque, or bank transfer. Cheques made payable to 'Sean Evans'. If you would prefer to do a bank transfer, please contact me for details.

Private Lessons

Private lessons are very important in player development, as they help to speed up the rate of improvement and build strong foundations to develop from. Even as a one off to get things going in the right direction. Private Lessons can be 30mins, 45mins or 1hr long. For more information, please contact Sean on [07772 151545](tel:07772151545), or at sean@pocklingtontennis.com.