



MASTERCLASS

Tennis Academy

Coaching Programme

Name _____ D.O.B _____
 Address _____ Post Code _____
 E.Mail _____ Tel _____

Junior Coaching. January-March 2014

COURSE	DAY	TIME	COURSE FEE	PLAYERS NAME
11+ Pay&Play	Saturday	11-12	£3 Member £4 N/M (Ongoing)	
Teenage Improvers	Tuesday (10 weeks)	7 – 8pm	£36 Members (Starts 14 th January)	
Club Futures Group 3	Monday (10 weeks)	5:30 – 7pm	£49 Members (Starts 13 th January)	
Club Futures Group 3	Friday (10 weeks)	5:30 – 7pm	£49 Members (Starts 17 th January)	
Club Futures Group 2	Monday (10 weeks)	5:30 – 7pm	£49 Members (Starts 13 th January)	
Club Futures Group 2	Wednesday (10 weeks)	5:30 – 7pm	£49 Members (Starts 15 th January)	
Club Futures Group 1	Monday (10 weeks)	5:30- 7 pm	£49 Members (Starts 13 th January)	
Club Futures Group 1	Wednesday (10 weeks)	7 – 8:30pm	£49 Members (Starts 15 th January)	

Mini Tennis Red 8&U

<i>4-6yr olds</i>	<i>Saturday</i>	<i>10-11am</i>	<i>Pay per session</i>	
<i>7&8yr olds</i>			<i>£3 M £4 N/M (Ongoing)</i>	
<i>4-6yr olds</i>	<i>Tuesday</i>	<i>5-6pm</i>	<i>£36 Members</i>	
<i>6-8yr olds</i>	<i>(10 weeks)</i>		<i>(Starts 14th January)</i>	

Mini Tennis Orange 9&U

<i>9&Under</i>	<i>Saturday</i>	<i>11-12noon</i>	<i>Pay per session</i>	
			<i>£3 M £4N/M (Ongoing)</i>	
<i>9&Under</i>	<i>Tuesday</i>	<i>6-7pm</i>	<i>£36 Members</i>	
	<i>(10 weeks)</i>		<i>(Starts 14th January)</i>	

Mini Tennis Green 10&U

<i>10&Under</i>	<i>Saturday</i>	<i>11-12noon</i>	<i>Pay per session</i>	
			<i>£3 M £4 N/M (Ongoing)</i>	
<i>10&Under</i>	<i>Tuesday</i>	<i>6-7pm</i>	<i>£36 Members</i>	
	<i>(10 weeks)</i>		<i>(Starts 14th January)</i>	
<i>Mini Futures</i>	<i>Friday</i>	<i>6-7pm</i>	<i>£36 Members</i>	
	<i>(10 weeks)</i>		<i>Invitation Only</i>	

NEW COURSE Tennis Specific Fitness

10-18yr olds	Saturday 3-4pm	£4 per session
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ADULT COACHING PROGRAMME

Beginners – Non Members welcome

None or little tennis experience	Tuesday	7-8pm	£36-8 Week Course (Starts 14 th January)	
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Improvers

Some tennis experience required	Monday	8-9pm	£36- 8 Week Course (Starts 13 th January)	
	Friday	2-3pm	Pay per session (Ongoing)	

Ladies Coaching

<i>All abilities Welcome</i>	Friday	7-8pm	£36 8 Week course (Starts 17 th January)	
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Team Training

Ladies Doubles Tactics	Friday	1-2pm	Pay per session (Ongoing)	
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Cardio Tennis – All Standards of Tennis Welcome

This is a Fun, Energized, Motivating Group Fitness Activity hitting lots of tennis balls. While you are “playing” tennis the primary focus is on getting a great workout. Non Members Welcome.

Cardio Tennis	Monday	7-8pm	Pay per Session	
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*Please make cheques payable to: **Masterclass Tennis Academy** Total £.....
Or pay by Bank Transfer to Account No. 03110826 Sort Code 20-68-76
Quoting players name.*

• Please bring payment and completed form to the first coaching session.

- **Everyone attending a course must be a member of Cardiff LTC (Apart from P&P Sessions, Adult beginners & Cardio Tennis).**
- Courses will operate on a first come first serve basis so please ring or text to confirm your place. John Williams – 07796935609
- All courses run for 8 or 10 continuous weeks. No refunds will be given once accepted or started on a course. If insufficient numbers apply for a course, then your fee will be refunded in full. If poor weather causes cancellation, extra classes will be added at end of course.
- **If you require any more information please do not hesitate to contact John on 07796935609 or johnwilliamstc@hotmail.com**