



Oakham Tennis Club

Coaching Programme



Monday 20th February to
Saturday 31st March

Adults:

- Tuesdays 09:00 ~ 10:30 Drills and Skills £48
- Tuesdays 13:00 ~ 14:30 Advanced(invite only) £48
- Thursdays 18:00 ~ 19:00 Beginners/Rusty Rackets £30
- Fridays 09:30 ~ 11:00 Technique AND Tactics £48
- Wednesdays 0920-1020 Cardio Tennis ££36

Mini Reds (under 8s):

- Thursdays 16:00 ~ 16:50 At **Catmose Sports Centre** £33
- Saturdays 10:30 ~ 11.20 At **Catmose Sports Centre** £33

Mini Oranges (under 9s):

- Thursdays 17:00 ~ 18:00 At **Catmose Sports Centre** £33
- Saturdays 09:00 ~ 10:00 At **Oakham** £30

Mini Green and Full Tennis (10-16yrs)

- Saturdays 09:00 ~ 10:00 At **Oakham** £30

NEW- JUNIOR CARDIO TENNIS 12-18yrs(to improve fitness and tennis) THURSDAYS 1800-1900 Catmose Sports Centre £33

Junior Performance (by invitation only):

- Monday 1600 ~ 1700 Mini Green/Full At **Catmose** £36
- Monday 17:00 ~ 18:00 Mini Red/Orange at **Catmose** £36

To find out more or to book your place please contact:

Head Coach: Dan Potter mobile: 07834 470940

email: djpotter2@hotmail.com



Oakham Tennis Club

HOLIDAY CAMPS



C1-TUESDAY 14TH TO THURSDAY 16TH FEBRUARY(COST £22.50)
(INDOOR at CATMOSE SPORTS CENTRE mini reds only)

AT OAKHAM LAWN TENNIS CLUB-

- C2- TUESDAY 10TH TO FRIDAY 13TH APRIL(COST £30)
- C3- WEDNESDAY 6TH TO FRIDAY 8TH JUNE(COST £23.50)
- C4- MONDAY 23RD TO THURSDAY 26TH JULY(COST £31.50)
- C5- MONDAY 6TH TO THURSDAY 9TH AUGUST(COST £31.50)
- C6- MONDAY 13TH TO THURSDAY 16TH AUGUST(COST £31.50)

0930-1100 MINI REDS(4-8YRS) -LEARNING DIFFERENT TYPES OF SHOTS, FOCUSING ON CO-ORDINATION AND HAVING FUN

1100-1230 ORANGE AND GREEN(8-11YRS)- PRACTISING DIFFERENT SHOTS, WORKING ON MOVEMENT AND FUN COMPETITION

1100-1230 FULL TENNIS(11YRS+)- TO FURTHER DEVELOP TECHNIQUE, SKILLS, TACTICS AND A FURTHER INTRODUCTON TO COMPETITION

ALL COURSES CAN BE PAID USING PAYPAL AT WWW.R2RTENNIS.CO.UK

Name.....

Date of Birth (child).....

Email Address.....

Emergency Contact: Phone number(s)

Medical Conditions/ Allergies.....

Please record and number the session and time you wish to attend here.....

.....and make cheque payable to R2R Tennis Limited and send to 155 Cold Overton Road, Oakham, Rutland, LE15 6NU. To find out more please contact Head coach Dan Potter on 07834470940 or email djpotter2@hotmail.com