



## SEATON TENNIS CLUB SUMMER COACHING PROGRAMME

### Schools Tennis Offer 1 - Free Coaching Session Before 30th June 2016 (from the list below)

| Day       | Time          | Duration in hours | Level and Name                     | Standard Catered For     | Age   | Dates              |
|-----------|---------------|-------------------|------------------------------------|--------------------------|-------|--------------------|
| Tuesday   | 11-1pm        | 2                 | All adults weekly pay and play *   | All adults               | 16+   | Every week         |
| Tuesday   | 5-6.30pm      | 1.5               | Junior Yellow Performance 4+       | Performance Juniors      | 12+   | 6th June-23rd July |
| Tuesday   | 5-6.30pm      | 1.5               | Juniors Yellow 3/4                 | Intermediate/Adv Juniors | 12+   | 6th June-23rd July |
| Tuesday   | 6.30-7.30pm   | 1                 | Adult Group Coaching - Improvers   | Adult Improvers          | 16+   | email to enquire   |
| Wednesday | 4-5pm         | 1                 | Mini Red 1&2                       | Beginners/Intermediate   | 5-8   | 6th June-23rd July |
| Wednesday | 6-7pm         | 1                 | Mini Green 1&2                     | Beginners/Intermediate   | 9-10  | 6th June-23rd July |
| Wednesday | 5-6pm         | 1                 | Advanced Teenager Cardio Drills 4+ | Performance Juniors      | 12+   | 6th June-23rd July |
| Wednesday | 6-7pm         | 1                 | Junior Yellow 1-3                  | Improver Teenagers       | 12+   | 6th June-23rd July |
| Wednesday | 7-8.30pm      | 1.5               | Adult Weekly Team Training *       | Team Player Standard     | 16+   | Every week         |
| Friday    | 1-3pm         | 2                 | All adults weekly pay and play *   | Intermediate Adults      | 16+   | Every week         |
| Saturday  | 9.30-10.15am  | 0.75              | Toddler and Parent                 | Beginners/Intermediate   | 3-4   | 6th June-23rd July |
| Saturday  | 9.30-10.30am  | 1                 | Mini Red 1&2                       | Beginners/Intermediate   | 5-8   | 6th June-23rd July |
| Saturday  | 9.30-10.30am  | 1                 | Mini Orange 1&2                    | Beginners/Intermediate   | 8-9   | 6th June-23rd July |
| Saturday  | 10.30-11.30am | 1                 | Mini Green 1&2                     | Beginners/Intermediate   | 10-11 | 6th June-23rd July |
| Saturday  | 10.30-11.30am | 1                 | Juniors Yellow 1-2                 | Beginners/Intermediate   | 12+   | 6th June-23rd July |
| Saturday  | 10.30-11.30am | 1                 | Juniors Yellow 3-4                 | Intermediate Teenagers   | 12+   | 6th June-23rd July |
| Saturday  | 11.30am-12.30 | 1                 | Adult Tennis Coaching/Cardio Mix   | All adults               | 16+   | email to enquire   |

**OFFER FOR PARENTS AND PUPILS TO TAKE UP THE COACHING OFFER PLEASE EMAIL HEAD COACH - JAS@JASONMARTINSPORTS.COM**

Level 1 beginner, 2 Improver, 3 Intermediate, 4 Advanced

\* Adult sessions are normally pay on the day £5 a session and do not need to be booked just turn up on the day except sessions marked if so please enquire

Junior Summer Coaching - 7 week half term £35 (based on 60 minute sessions) Reduced pricing for joining late

**Enquiries - Jason Martin Head Coach at the club or on 07931 743168 or email jas@jasonmartinsports.com**

Club Address - Court Lane, Seaton, EX12 2AR www.seatontennis.net

**Schools Offer 2 - For any children new to tennis - Half Price Junior Half Term Holiday Camp £8.00 normally £16 Tuesday 31st May 1-4pm, Thursday 2nd June and Saturday 4th June both 10am-1pm**