

COACHING TIMETABLE

MINI & JUNIOR

DAY	GROUP	TIME
MON	MINI RED 1	4PM - 5PM
	JUNIOR BRONZE	5PM - 6.30PM
	PLATINUM	6.30PM - 8PM
TUES	MINI GREEN	5PM - 6PM
WED	MINI ORANGE	5PM - 6PM
	JUNIOR SILVER	6PM - 7.30PM
THURS	TINY TOTS	2PM - 2.45PM
	MINI RED	4PM - 5PM
	JUNIOR BRONZE	5PM - 6.30PM
FRIDAY CLUB NIGHT	AGE 5-7	4PM - 5PM
	AGE 8 - 11	5PM - 6PM
	AGE 11+	6PM - 7PM
SATUR- DAY	MINI RED 1	9.30AM - 10.30AM
	MINI RED 2	10.30AM - 11.30AM
	ORANGE 2	11.30AM - 12.30AM
	JUNIOR GOLD	4.30PM - 6.00PM
SUNDAY	TINY TOTS (3 - 4)	9.45AM - 10.30AM
	FUN TENNIS (4-7)	10.30AM - 11.30AM
	JUNIOR CARDIO	5PM - 6PM

PRICING STRUCTURE

TINY TOTS FUN SESSIONS	£3 PER SESSION
MINI TENNIS	£4.50 PER 1 HR SESSION 2ND WEEKLY SESSION JUST £3.00
JUNIOR TENNIS	£6 PER 90MIN SESSION

★ FREE OF CHARGE ★

TALENT /TOURNAMENT SESSION

★ AT END OF COACHING BLOCK ★



CONTACT INFORMATION



CLUB COACH

DAN STICKLAND

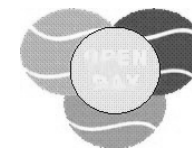
Phone: 07906 047350

Email: Dan@nestontennis.co.uk

WWW.NESTONTENNIS.CO.UK

RE-STRINGING SERVICE

OPTION 1 PLAYER PROVIDES OWN STRING	£10.00
OPTION 2 SYNTHETIC RE- STRING OCCASSIONAL PLAYER	£12.00
OPTION 3 MIXTURE OF POWER/CONTROL DURABILITY	£17.00
OPTION 4 PLAYERS SPECIFICATION POWER/CONTROL/SPIN/DURABI LITY	£20.00



NESTON TENNIS

COACHING

PROGRAMME



STATION ROAD

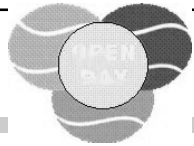
PARKGATE

CH64 6QJ

0151 336 2014

www.nestontennis.co.uk

MINI ZONE AGE 3 - 10YRS



TINY TOTS

**A
B
C**

AGE 2½ - 4yrs

AGILITY

BALANCE

CO-ORDINATION

MINI RED

1st Stage of
Mini Tennis

AGE 5 - 8yrs

Forehand/Backhand

Serve/Volley

Rally & Match Play

ORANGE

Development
of Skills

AGE 8 - 9yrs

Advance Techniques

Understand Tactics

4 Game Match Play

GREEN

Final stage
Of Mini Tennis

AGE 9 - 10yrs

Full Size Court

Improve all aspects of
your game

AGE 11 +

Move up to our Junior Programme

JUNIOR AGE 11 +



Programme is split into 3 Medal Squads

BRONZE - SILVER - GOLD

Guideline Age Groups for each squad

We usually organise groups on Ability

BRONZE

AGE 10 - 12 YRS

SILVER

AGE 12 - 14 YRS

GOLD

AGE 14YRS +



PLATINUM INVITATION ONLY

PRINCIPLES OF JUNIOR SQUADS

TECHNICAL - Racket Techniques/Swing Shape

TACTICAL - Court Usage, making the most of the court

PHYSICAL - Co-ordination, Fitness, Agility & Footwork

MENTAL - Controlling Emotions and Body Language

BEGINNERS

Teen Development Sessions Available

ADULT COACHING



TUES	SOCIAL TENNIS COACHING	10AM - 11.30AM
<i>£5.00 PER SESSION + LOYALTY SCHEME</i>		
WED	CARDIO TENNIS	10.30AM - 11.30AM
<i>£5.00 PER SESSION + LOYALTY SCHEME</i>		
FRI	BEGINNERS CLINIC DIFFERENT STROKE EACH WEEK	9.15AM - 10.15AM
<i>6 WEEK BLOCK £30 PER BLOCK</i>		
SUN	CARDIO TENNIS	10.30AM - 11.30 AM
£5 PER SESSION - TURN UP AND PLAY		

INDIVIDUAL TUITION

ADULT £20 PER HOUR

MINI /JUNIOR £16 PER HOUR

HITTING SESSION £10 PER HOUR

2 PLAYER SHARED £12 PER HOUR

3 ON 1 £8 PER PLAYER PER HOUR

4 ON 1 £6 PER PLAYER PER HOUR

Discounts available for multiple bookings