



SUMMER TERM 2011 ENROLMENT FORM

Personal Details :

Title _____ First Name _____ Surname _____
Gender _____ Date of Birth _____
Full Address _____
Postcode _____
Home Telephone _____ Mobile Telephone _____
E-mail _____
Signed (parent/guardian) : _____ Date _____

I wish to enrol in the following : (1) _____ (please enter session code)
(2) _____ (please enter session code)
(3) _____ (please enter session code)

MULTI-SQUAD DISCOUNT : 15% OFF CHEAPEST SQUAD
(when 2 or more squads are booked by the same individual)

PAYMENT: Please pay at the tennis centre reception on week 1 for 12 weeks

OR

Return completed form and cheque made payable to:

'Total Tennis (UK) Ltd'

King's Park Tennis Centre, Kings Park Road,
Moulton Park, Northampton, NN3 6LL

Telephone : 07956 551730 E-mail : totaltennisuk@gmail.com

By signing this form I agree to FREE sign up for British Tennis Membership affiliated to King's Park Tennis Centre. For more information visit www.LTA.org.uk/membership.
By giving your consent to you/your child becoming a British Tennis Member, you agree that you/your child will abide by the Terms and Conditions of British Tennis Membership (at www.LTA.org.uk/BTMTTC)



Adult and Junior Coaching Programme

26th April to 23rd July 2011

AT

King's Park Tennis Centre

Kings Park Road, Moulton Park,
Northampton, NN3 6LL

Contact:
totaltennisuk@gmail.com
07956 551730

Squad	Age	Description	Days	Times	Duration	Code	Cost (12 weeks)
Tot's Tennis	3 - 4 ½ yrs	Lots and lots of fun whilst learning some basic skills for Pre-School Children.	Wednesday	1.30-2.10pm	40 mins	N/A	£ 4 per session
			Friday	10-10.40am	40 mins	N/A	£ 4 per session
Mini Red Nippers	4 ½ – 6 yrs	A fun introduction to tennis learning the FUNdamentals: co-ordination, movement and balance. Played on a mini court using sponge/red balls.	Monday*	4 - 4.45pm	45 mins	RNM	£ 50 (10 weeks)
			Thursday	4-4.45pm	45 mins	RNTh	£ 60
			Saturday	9.15-10am	45 mins	RNS	£ 60
Mini Red Play	6 – 8 yrs	A fun introduction to tennis learning the FUNdamentals: co-ordination, movement and balance. Simple tactics and the basic rules of the game will be introduced. Played on a mini court using sponge/red balls.	Monday*	4.45-6pm	1 hr 15 mins	MRM	£75 (10 weeks)
			Thursday	4.45-6pm	1 hr 15 mins	MRTh	£ 90
			Saturday	10 -11.15am	1 hr 15 mins	MRS	£ 90
Mini Orange Play	8 – 9 yrs	Introduces children to tennis on a ¾ length court using mini orange balls. These balls are low compression to slow the game down and help children develop their technical skills whilst enjoying the game.	Monday*	6-7pm	1 hour	MOM	£ 65 (10 weeks)
			Thursday	6-7pm	1 hour	MOTh	£ 78
			Saturday	11.15-12.15	1 hour	MOS	£ 78
Mini Orange Train	8 – 9 yrs	Invitational squad for mini orange players to compliment individual lessons.	Wednesday	5.30-7pm	1½ hours	MOTW	£ 144
Mini Green Play	9 – 10 yrs	This is the final stage of mini tennis. The green ball is softer than 'regular' yellow balls which slows the game down and allows children to develop technically and tactically on a full size court.	Monday*	7-8pm	1 hour	MGM	£ 65 (10 weeks)
			Thursday	7-8pm	1 hour	MGTh	£ 78
			Saturday	12.15-1.15	1 hour	MGS	£ 78
Club Silver	10 – 14 yrs	A fun introduction to tennis using regular yellow balls on a full size court.	Tuesday	6-7pm	1 hour	CST	£ 84
			Saturday	1.15-2.15	1 hour	CSS	£ 84
Club Gold	13 – 17 yrs	For club standard juniors who are keen to learn and develop their skills.	Tuesday	7-8pm	1 hour	CGT	£ 84
			Saturday	2.15-3.15	1 hour	CGS	£ 84
Club Challenger	13 – 17 yrs	For stronger club standard juniors who are competing at club level. These sessions will have a focus on match-play for singles and doubles.	Tuesday	8-9pm	1 hour	CCT	£ 84
Girls Play (13+)	13yrs +	GIRLS only – for teenage girls who are club standard	Monday*	7-8.30 pm	1½ hour	GPM	£ 105 (10 weeks)
12&U Train (Mixed)	12&U	Invitational squad for players 'training' and competing at county level or higher.	Thursday	5-6.30pm	1½ hours	MT12Th	£ 144
13&U Train (Boys)	13&U	Invitational squad for players 'training' and competing at county level or higher.	Tuesday	7-8.30pm	1½ hours	BT13T	£ 144
13&U Train (Mixed)	13&U	Invitational squad for players 'training' and competing at county level or higher.	Tuesday	5.30-7pm	1½ hours	MT13T	£ 144
15&U Train (Boys)	15&U	Invitational squad for players 'training' and competing at county level or higher.	Thursday	6.30-8pm	1½ hours	BT15Th	£ 144
Girls Train (13+)	13yrs+	Invitational squad for girls 'training' and competing at county level or higher.	Wednesday	7-8.30	1½ hours	GTW	£ 144
18&U Train	18&U	Invitational squad for boys 'training' and competing at county level or higher.	Monday*	6-8pm	2 hours	BT18M	£ 160 (10 weeks)
18&U Train	18&U	Invitational squad for players 'training' and competing at county level or higher.	Friday	5-7pm	2 hours	MT18F	£ 192
Strength & Conditioning	N/A	Conditioning sessions to develop athletic fundamentals and all areas of tennis specific fitness. An important element of a tennis programme for players who are competing regularly.	Tuesday	6-7pm	1 hour	SCT	£ 66
			Tuesday	7-8pm	1 hour	SCT	£ 66
			Wednesday	6-7pm	1 hour	SCW	£ 66
Cardio Tennis (Adults)	N/A	Cardio Tennis is a fitness session that combines tennis with cardiovascular exercise, delivering the ultimate, full body, calories burning aerobic workout.	Monday*	8.30-9.20pm	50 mins	CTM	£ 7 per session
			Thursday	1-1.50pm	50 mins	CTTh	£ 7 per session
Ladies Beginner	N/A	An introduction to tennis for ladies of any age. Learn the basic strokes and tactics of the game.	Monday*	10-11am	1 hour	LBM	£ 90 (10 weeks)
			Wednesday	10-11am	1 hour	LBF	£ 108
Ladies Improver	N/A	For club standard ladies who want to improve their skills and develop their doubles match-play.	Monday*	11-12noon	1 hour	LIM	£ 90 (10 weeks)
Ladies Pay & Play	N/A	Fun drills, social tennis, organised match-play and coaching for ladies of any standard.	Tuesday	10.30-12.30	2 hours	LPPT	£ 10 per session

*Monday sessions will be starting 9th May and run for 10 weeks due to the two bank holiday Mondays (25th April & 2nd May). No squads will be running during half term 30th May - 5th June.