

Littleover Tennis Club

40, Eastwood Drive, Littleover, Derby. DE23 6BN

Saturday Coaching Programme – now running.

Cost per session - £6 Non-member £4 Member

Time	Activity	Age Group
0900 - 1000	Mini-Red Fun inclusive activities with an emphasis on keeping fit and learning new skills.	under 8
1000 - 1100	Mini-Orange Fun inclusive activities with an emphasis on technical development and SAQ (speed, agility & quickness) development.	8 - 9
1100 - 1200	Mini-Green A programme for Key Stage 2 children to develop hand/eye coordination whilst learning a sport with friends.	9 - 10
1200 - 1300	Teenagers A dynamic approach to ensuring teenagers learn the game of tennis the Littleover Way. Key technical development, non-stop fun and coaching tips.	11 +
1300 - 1400	Adult Beginners An introductory programme of tennis development - teaching the key shots whilst making new friends and burning a few calories.	16 +
1400 - 1500	Cardio Tennis A fun, sociable group fitness class set on a tennis court and open to people of all abilities.	16 +

Sunday Coaching – now running.

Cost per session - £6 Non-member £4 Member

Time	Activity	Age Group
1230 - 1330	Adult Coaching (Club Tennis) Technical and tactical development to enhance your game.	Team players and aspiring team players

Friday Morning Coaching - now running.

Cost per session - £8 Non-member £5 Member

Time	Activity	Age Group
1030 - 1200	Adult Coaching Get fit, learn a new sport, or develop existing skills whilst playing the game you love.	16 +

Contact: littleover.tennis@ntlworld.com

or: sportswisemgmt@btinternet.com

or visit:

www.littleovertennis.co.uk

Head Coach: Alex Roome

Mobile: 07951416385

