



Hampton-in-Arden Tennis Club

TENNIS PROGRAMME SPRING 2013

Tots Tennis - (Ages 3-5)

Co-ordination fun based activities introducing skills with the racket to develop the basic fundamentals of the Game.

Thu 1430 – 1500
Fri 1545 (performance)
Sat 0945 – 1015

Mini-Tennis Red - (Ages 5-8)

Scaled down Court, rackets etc.
Sponge indoor felt outdoor.
Beginning to learn the basic technical shapes and tactics of the game.

Mon 1600 - 1700 (Mini Tennis Red - Performance (with Mini Tennis Orange))
Tue 1545 - 1630 (Mini Tennis Red 2/3) - 2 classes
Tue 1630 - 1715 (Mini Tennis Red 2)
Wed 1545 - 1630 (Mini Tennis Red 1/2/3) - 2 classes
Thu 1545 - 1630 (Mini Tennis Red 2/3)

(The lower the number in brackets the more advanced the group.
Some mini tennis red will undertake some mini orange lessons)

Mini-Tennis Orange - (Ages 8/9)

Smaller than full court, transition balls allowing more time and less height off the bounce. Beginning to introduce more shape and spin to technique. Bigger courts allow the introduction of a wider choice of tactics.

Mon 1600 - 1700 - Performance (with Mini Tennis Red)
Wed 1545 - 1630 (Mini Tennis Orange 2/3)
Fri 1715 - 1800 (Mini Tennis Orange 2)

Tennis Chicks - (girls only) A fun-based class - tennis to music! For children from the Mini-Red and Mini-Orange age groups.	Wed 1700 – 1800
Mini-Tennis Green - (Age 10) Full Court size, with slightly softer balls to allow slower speed and lower bounce.	Mon 1700 - 1800 - Performance (with Full Ball) Wed 1630 - 1715 (Mini Tennis Green / Full Ball) Fri 1715 - 1800 (Mini Tennis Green + Under 12s) Sat 0900 - 0945 (Mini Tennis Green / Full Ball)
Under 14 Full court and normal yellow tennis balls, technical and tactical appropriate to the needs of the group.	Fri 1715 - 1800 Sat 1130 – 1230
Under 18 and Invite-Only Squads	Tue 1815 - 1915 U14 Elite (Invite only) Fri 1800 - 1900 U16 Elite (Invite only) Fri 1900 - 2000 U18 Elite
Adult Coaching	Mon, Thurs, Fri 0900, Sat 1030
Adult Social Tennis	Mon 2000 Team Players (men) Tues 2000 Intermediate Thursday 1830 Team Players (men) Fri 2000 Intermediate Sat Beginners (mixed) 1500 – 1700 Sun 1030 Intermediate