



Abbeydale Tennis Squads



Full Ball Programme (11-18yrs)

Book your FREE Indoor taster session!



Level 1



Learning to hit forehands and backhands from a ready position and learning to move to the ball. Can get keep short rallies going with another player. Learning to serve.

Day	Time	Average Age	Coach	Code
Saturday	10.00 – 11.00am	11yrs	Laura	42b
Saturday	12.00-1.00pm	11yrs	Shaun	69
Saturday	1.00-2.00pm Mplay	11yrs	Mike/Laura	70
Monday	5.00 - 6.00pm	11 - 14yrs	Laura	44
Monday	5.00 - 6.00pm	11 - 14yrs	Shaun	45
Thursday	5.30 – 6.30pm	11 – 14yrs	Adam	52
Friday	5.00 – 6.30pm	11yrs	Laura	41a
Saturday	4.00 – 5.00pm	11 – 14yrs	Adam	65

Are you ready to move up to Level 2?



Learning to hit the ball with spin and direction on both groundstrokes and serves



Level 2



Learning to hit the ball with spin and direction on both groundstrokes and serves, can now rally consistently with another player and play points. Is now able to enter a matchplays.

Day	Time	Average Age	Coach	Code
Monday	4.00 – 5.00pm	11yrs	Shaun	40
Monday	5.00 – 6.00pm	11 – 14yrs	Adam	46
Wednesday	5.00-6.00pm	14yrs+	Mike	51
Thursday	5.00 – 6.00pm	11 – 14yrs	Mike	53
Saturday (matchplay)	3.00- 4.00pm	11 - 18yrs	Adam	62
Saturday	3.00 – 4.00pm	11 – 14yrs	James	63
Saturday	2.00 – 3.00pm	11 – 14yrs	Adam	60
Saturday	2.00 – 3.00pm	11 – 14yrs	James	61
Saturday	1.00 – 2.00pm	15 – 18yrs	Adam	59



Continues Overleaf



Are you ready to
move up to
Level 3?

Moves up to when they are
competing regularly and their
rating is improving.

Level 3

Player's focus is on improving their tactical awareness and matchplay skills. Players are likely to be of a 9 series rating or higher.

Day	Time	Average Age	Coach	Code
Monday	5.00 – 6.00pm	13 - 15yrs	James	47
Wednesday	4.00 – 5.00pm	15 – 18yrs	James	50
Thursday	6.30 – 7.30pm	11 – 18yrs	James/ Adam	54
Saturday	11.15 – 12.00pm	11 – 14yrs	Mike	56
Saturday	12.00 – 1.00pm	15 – 18yrs	Adam	57
Saturday	12.00 – 1.00pm	15 – 18yrs	Mike	58
Saturday	4.00 – 5.00pm	15 – 18yrs	James	64

Are you ready to move up to a Performance Squads? You are if you are excelling in your age group and are one of the top 3 - 4 players of your age within the club.

Full Ball Prices

Length	Price
45 mins	£8.50
1hr	£10.50
1.5hrs	£14.50
1hr (matchplay)	£6.50

Indoor Members
20% OFF
Outdoor Members
10% OFF



& 20% for a 2nd Squad !!

Course Dates 2016 – 14 week term

The New Term starts Monday 1st February – Saturday 21st May 2016
(Missing 2 weeks for Easter : Sunday 20th March – Sunday 3rd April 2016).

For more details or to book your free taster session please call reception on
0114 236 1938