



Abbeydale Tennis Squads



Orange Programme (8-9yrs)

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 nearly all groundstrokes over the net. Starting to try rallying with coach. Learning a basic overarm serve from the Orange baseline.

Day	Time	Coach	Code
Monday	4.00 – 5.00pm	James	13
Wednesday	4.00-5.00pm	James	50
Saturday	11.00-12.00pm	Adam	80

Are you ready to move up to Level 2?



Ready to move up when you are starting to rally with another player.



Level 2



Keeping technique well on groundstrokes and can rally with each other for around 10 shots. Can now play points and are learning to add an overarm serve when playing points. Looking to start to play club matches and matchplays

Day	Time	Coach	Code
Thursday	5.00-6.00pm	Laura	37
Saturday	10.15- 11.15am	James	39
Saturday	11.00-12.00pm	Shaun	68



Continues Overleaf



**Are you ready to
move up to
Level 3?**



Ready to move up when you can
move the ball around the court
and you are always using your
over arm serve.



Level 3



Starting to learn how to hit their groundstrokes using both spin and direction. Trying to hit an overarm serve more consistently so it can be hit as a first and second serve in a match. Should now be trying to play matches regularly at the club.

Day	Time	Coach	Code
Tuesday	5.00 – 6.00pm	Shaun/ Mike	34
Wednesday	4.00 - 5.00pm	Shaun	36

Are you ready to move up to Mini Tennis Green?

Ready to move up when you turn 10 years old or you are
a very experienced Orange Match Player.

Mini Orange Prices

Length	Price
45mins	£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**