



# Abbeydale Tennis Squads



## Mini Red Programme (4-8yrs)

### Book your **FREE** Indoor taster session!



## Level 1



Beginners. 4 - 5yrs old. Just come up from Tiny Tots. Learning to stand sideways and hit forehands and backhands over the net. Ready to move up when they can hit forehands and backhands in from a ready position.

Day	Time	Average Age	Coach	Code
Saturday	8.45-9.30am	3-5years	James	66
Monday	4.00-5.00pm	4 - 5yrs	Laura	12
Tuesday	4.15- 5.00pm	4 - 5yrs	Adam	15
Tuesday	4.15 – 5.00pm	5 – 6yrs	Laura	16
Thursday	4.00- 5.00pm	5 - 6yrs	Adam	20
Friday	4.00- 5.00pm	4 - 5yrs	Laura	24
Friday	4.00- 5.00pm	6 - 8yrs	Adam	25
Saturday	9.30-10.15am	4 - 5yrs	Mike	29
Saturday	9.30-10.15am	5-6 yrs	Laura	30



Ready to move  
up to Level 2?



## Level 2

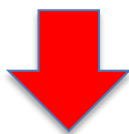


Ready to move up when you are starting to rally forehands and backhands

Learning to move to the ball and then hit the ball. Can get nearly all over the net. Starting to rallying with coach. Learning to serve. Ready to move up when can get a rally with around 20 shots.

Day	Time	Average Age	Coach	Code
Tuesday	4.15 – 5.00pm	4 – 5yrs	James	17
Thursday	4.00- 5.00pm	4 - 5yrs	Mike	19
Thursday	4.00- 5.00pm	5 - 6yrs	James	21
Thursday	4.00- 5.00pm	6 - 8yrs	Shaun	22
Friday	4.00 – 5.00pm	5 – 7yrs	James	26
Saturday	9.00 – 10.00am	6 - 8yrs	Adam	31
Saturday	9.30-10.15am	6-8yrs	James	32

**Ready to move up  
to Level 3?**



When you can get rallies of 15  
shots with other children and  
get your serve over the net!



## Level 3



Learning to move the ball around the court. Mainly focusing on playing points  
and learning tactics.

Day	Time	Average Age	Coach	Code
Monday	3.45 - 5.00pm	6 - 8yrs	Adam	14
Tuesday	4.00 – 5.00pm Advanced	5 – 8yrs	Mike	18
Thursday	4.00 - 5.00pm	6 - 8yrs	Laura	23
Friday	4.00-5.00pm	5-7yrs	James	27
Friday	3.45- 5.00pm	7 - 8yrs	Shaun	28
Saturday	9.00- 10.00am	7 - 8yrs	Shaun	33

**Are you ready to move up to Mini Tennis Orange?**

When you been playing Mini Red matches for  
more than a year or are nearly 9yrs old.

**Indoor Members  
20% OFF  
Outdoor Members  
10% OFF**

### Mini Red Prices

Length	Price
45 mins	£7.75
1hr	£9.00
1.25hrs	£12.50



**& 20% for a 2<sup>nd</sup> Squad !!**

### Course Dates 2016 – 14 week term

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

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