



Abbeydale Tennis Squads



Tiny Tots Programme (1-4yrs)

Book your **FREE** Indoor taster session!



Level 1



1-2yrs. Parent and child classes. Learning to follow simple instructions like fetch a certain coloured cone.

Day	Time	Average Age	Coach	Code
Monday	1.45-2.30pm	1 - 2yrs	Laura	1
Wednesday	11.00- 11.45am	1 - 2yrs	Mike & Shaun	5
Saturday	8.45-9.30am	1 - 2yrs	Laura	10

Are you ready to move up to Level 2?



Ready for a group without Mum or Dad? Can you follow the coaches' instructions and dribble the ball with your racket?



Level 2



Normally age 2-3yrs. Can dribble a ball with racket, catch balloon and follow basic instructions from the coach. Without parents

Day	Time	Average Age	Coach	Code
Tuesday	12.00 – 12.45pm	2 - 3yrs	Mike	2
Tuesday	3.45-4.15pm	2 - 4yrs	Laura	4
Wednesday	11.00- 11.45am	2 - 3yrs	Adam	6



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Are you ready to
move up to
Level 3?



Are you very good at all the
coordination exercises?
Are you ready to hit lots of
forehands and volleys?



Level 3



Normally age 3-4. Fairly coordinated. Can listen to the coach. Trying to hit a forehand over the net and hit a volley over the net after being shown to stand sideways.

Day	Time	Average Age	Coach	Code
Tuesday	1- 1.45pm	3 - 4yrs	Mike/ Adam	3
Thursday	3.45-4.15pm	3 - 4yrs	Richard	7
Friday	11.30- 12.15pm	3 - 4yrs	Laura	9
Saturday	8.45-9.30am	3 - 4yrs	Mike	11

Are you ready to move up to Mini Tennis Red?
You are if you are good at the coordination exercises
and you can hit most forehands and volleys over the
net. Mini Red sessions are more focused on hitting.

Indoor Members
20% OFF
Outdoor Members
10% OFF

Tiny Tots Prices

Time	Weekly Price
30mins	£4.75
45mins	£6.00

& 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.