

The Adult Programme - 2012



Weekly timetable

COACHING – members & non-members welcome

Day	Time	Stage	Detail
Weds	9-10am	Improver	Course & pay & play
Thurs	10.30-12 7-8pm	Advanced Advanced	Pay & Play Pay & Play
Fri	10-11am	Intermediate	Course & pay & play
Sat	11-12noon	Mixed ability	Pay & Play



CARDIO TENNIS – members & non-members welcome

Tues	9.30-10.30am	CARDIO	Pay & play
Weds	7-8pm	CARDIO	Pay & play
Sat	9-9.45am	CARDIO	Pay & play



CLUB / MIX IN SESSIONS – members only

Mon	7-9.30pm	Club night	Mixed ability
Weds	9.30-11.30am	Club morning	Mixed ability
Thurs	8-9.30pm	Club night	Team standard
Sun	1-3pm	Summer mix in	Intermediate - advanced



Prices 2012

Coaching courses: January term = £69 members / £89 non-members - if paying on the day £6/£8. **Places are only guaranteed if paying for the whole term. Max no's apply.**

Pay & play coaching = £5.50 for 1 hour / £7 for 1.5 hours.

Pay & play CARDIO = 1 hour = £5members / £6.50 non-members. 45min = £4 / £5.50 (5 week discount cards available for cardio classes- buy 5 get 1 free).

Please speak to a coach if you wish to enrol in a group. Pay and play groups are paid for on the day and do not require pre booking. Members and Non-members welcome.

Term 2: April 16th – July 14th 2012 (12 weeks) excluding half term

Term 3: September 3rd – December 15th 2012 (14 weeks)

Enrolment form



To enrol in a coaching group, please fill in the form below

Name:..... Age:..... D.O.B:.....
Address:.....
Postcode:..... Tel no:..... Mobile:.....

Medical conditions:.....

Email:

Group:..... day:..... time:.....

➤ By enrolling in coaching you are agreeing to adhere to the policies set out below; on occasions photos may be taken for press releases and club literature (internal and external). Please tick below if you wish to be excluded from this * []

I understand & agree to the terms and conditions set out above,

* Name

* Signed:

* Date:

Coaching Terms & conditions:

- ▶ Refunds will not be given for withdrawal unless exceptional circumstances.
- ▶ Our term length/payment allows for one cancelled session due to rain or unforeseen circumstances.
- ▶ If more than one session is cancelled a credit will be given.
- ▶ Players can borrow rackets for half a term before purchasing their own.
- ▶ Suitable clothing and tennis shoes should be worn (**strictly no AstroTurf trainers allowed**).
- ▶ Players & parents are to abide by club rules & respect coaches decisions at all times.
- ▶ A fee may be charged for late payments, please pay on or before the first session your child attends.

Lymington Tennis,
The Sports Ground, Avenue Rd, Lymington, Hants, SO41 9GJ.
01590 676236
lymingtontennis@hotmail.com www.lymingtontennis.co.uk

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Dental Centre
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