

Peter Harding
07907 990226

James Muir
07985 286176



Be the best you can be

Please can all Junior players become British Tennis registered.

For more information or to register, please visit www.lta.org.uk/britishtennismembership or phone 0845 873 7202,

INDIVIDUAL COACHING LESSONS:

PETER AND JAMES offer individual coaching lessons for all levels and abilities



BROKEN STRINGS/WORN GRIP—Peter can re-string and change grips—please discuss prices with Peter.

FORTHCOMING DATES FOR YOUR DIARY:

* Club Christmas Meal—venue and date to be decided

WHAT'S ON AT THRAPSTON:

- Ladies League Squad night on Tuesday's at 7pm
- Men's Club Night on Thursday's at 7pm
- Club night on Wednesday evenings 7pm and Sundays
- League matches begin in the Spring

Want to join in, then become a member and contact Jane Welman on 01832 720021 for further information.

www.r2rtennis.co.uk



COACHING COURSES

at

Thrapston Tennis Club 

AUTUMN PROGRAMME
Starts w/c Monday, 1 November
—Saturday, 18 December 2010
for a 7 week block









Peter Harding
- 07907 990226
James Muir
—07985 286176



Be the best you can be

www.r2rtennis.co.uk

COACHING COURSES (ages are only guidelines and depend on experience and ability):

COURSE	DESCRIPTION	DAY/TIME	COST	Ref No
 Red (3-8 years)	Red ball mini tennis is played on smaller courts with shorter rackets and softer balls. For beginners.	Thurs 4.05—4.50pm Or Sat 10—10.45am	£31.50	RT RS
 Red Performance (Invite Only)	For stronger red players. Match practice and tactics delivered throughout session. Invite by the Head Coach.	Weds 4—5pm	£35	RP
 Orange (8/9 years)	Played on 3/4 court with bigger rackets and orange balls. To help players develop all the different shots and provide fun competition.	Thurs 4.50—5.35pm Or Sat 11—12 Noon	£31.50	O1
 Orange Performance (Invite Only)	For stronger orange players. Match practice and tactics are delivered throughout the session. Invite by the Head Coach.	Fri 4—5pm	£35	OP
 Green (10-11 years)	Played on a full sized court using bigger rackets and low compression green balls.	Weds 5.30—6.25pm or Sat 11—12 pm	£31.50	G1
 Green Performance (Invite Only)	For stronger red players that can rally with a partner. Match practice and tactics are delivered throughout the session. All players for this group are invited by the Head Coach.	Fri 5—6pm	£35	GP
Teens (11 years plus)	Played on a full sized tennis court, with full size rackets and full compression yellow balls.	Thurs 6—7pm	£31.50	T1
Mums n Tots (2-5 years)	A fun, informal and interactive play session introducing your tots to tennis and ball sports. Plenty of games in a fun environment.	Thurs 1.30– 2.15pm	£24.50	M1
Rusty Rackets (Adults)	Great opportunity to get some exercise and learn to play or make a come back to tennis!!! Fun, social night with all abilities welcome.	Fri 6.30 – 7.30 pm	£38.50	RR
Adult Improvers	Players that can consistently rally and team players only with technical and tactical advice given.	Thurs 7—8.30pm	£49	AI
Beginners (Ladies)	For those lovely ladies that haven't picked up a racket since school or not at all and want to learn to play in a very informal environment with lots of exercise to keep you on your toes!!	Sat 9am—10am	£33	L1

RACKETS AVAILABLE IF REQUIRED. Please ensure children are dressed appropriately for tennis and weather. In the case of inclement weather, please contact Peter or James to check if lesson is on.
Please supply a water bottle each session.

Please complete the section below and send with cheque to Peter Harding, 5 Granby Close, Corby, Northants NN18 0AG.

All cheques are to be made payable to **R2R Tennis Ltd.**

Payment for each course **MUST** be made prior to the start of the course.

RefNo of course applying for:

Day:

Cheque enclosed for:

NON MEMBERS of Thrapston Tennis Club, please add £7 to the cost of the Course (not applicable to Mums n Tots class). To become an annual member, please discuss with Peter.

Please fill in General Information:

NAME OF CHILD:			
ADDRESS:			
MOBILE NO:		EMERGENCY CONTACT NO:	
EMAIL ADDRESS:		MEDICAL INFO:	
DATE OF BIRTH:		AGE OF CHILD:	
Is this the same course as last time:			

Lessons are led by Head Coach, Peter, who is a licensed LTA coach or by James, Performance Coach. All coaches are CRB checked. Course may be cancelled if numbers are low.

If you would like any further information please contact **Peter** on **07907 990226** or by email on **pete@r2rtennis.co.uk**, or alternatively contact **James** on **07985 286176** or by email on **jmtennisace@hotmail.com**