

Tel : 07833 640285
www.southbournetennis.com
Iford Lane, Southbourne. BH6 5NF

ADULT MEMBERSHIP

Full membership

£210 per annum : This membership is available for experienced adults. Participating in Adult Club Sessions is dependant on the adults experience and standard and must be agreed by a Club Coach and the Committee.

Provisional membership

£155 per annum : This membership is for adults who are returning to the game or feel a bit rusty. This membership includes the Club Play session on a Wednesday evening and on a Sunday morning as long as the necessary experience and standards have been met and agreed by a Club Coach and the Committee. (For new members who are complete beginners an Introductory membership may be available for £105 per annum for a two year period only from the April of the year joined, please ask the coach after participating in the Wednesday evening session if you think you warrant this membership.)

Student membership

£102.50 per annum : In full time education. Over the age of 18 years. Participation in Adult Club sessions must be agreed by a Club Coach and the Committee.

Intermediate membership

£102.50 per annum : Participation in Adult Club sessions must be agreed by a Club Coach and the Committee.

INDIVIDUAL COACHING



Individual coaching will help your development through focused specialised training and coaching and prepare you for tournaments and competition. Cost ranges from £14 - £20 for individual lessons or half hour lessons can be Arranged at half the hourly rate. Floodlights fees are £1 extra during dark nights. Southbourne has three LTA Professional Coaches.

ADULT TENNIS PROGRAMME & COACHING COURSES

Adult Club sessions run through the year but all other courses run only during school term times

LADIES ONLY SESSIONS

Ladies Morning	Wednesday	9.30am – 11.00am
Ladies Matchplay	Friday	1.30pm – 2.30pm

ADULT COURSES

Adult Beginners – Pay As You Play	Sunday	5.00pm – 6.00pm
Over 50's – Pay As You Play	Thursday	10.00am – 11.30am

ADULT CLUB MORNINGS

Mixed Ability	Tuesday	10.00am – 12.30pm
Mixed Ability	Friday	10.00am – 12.30 pm
Mixed Ability	Sunday	10.00am – 12.30pm

ADULT CLUB NIGHTS

Rusty Rackets	Wednesday	6.00pm – 8.30pm
Mixed Ability	Monday	8.00pm – 10.00pm
Mixed Ability	Thursday	6.00pm – 8.30pm
Team Standard Players Only	Tuesday	6.00pm – 8.00pm

LADIES MORNING For beginners and improvers. All sessions are Coach led with a balance of tennis related drills and then an opportunity for some matchplay.

LADIES MATCHPLAY For Ladies 1st, 2nd & 3rd Team players. This session is a mix of drills based around the four performance factors.

ADULT BEGINNERS For adults who want to start learning the game and are looking for a new challenge in life – look no further! Sessions will cover basic technical and tactical aspects incorporated within a games based approach which allows progressive learning, making it fun and enjoyable. Session will involve drills and intro to matchplay. **OVER 50's** – This course is aimed at the Over 50's who want to learn the tactics and techniques of the game. Sessions will involve drills and matchplay.

ADULT CLUB MORNINGS An opportunity for members to arrange their own doubles in a friendly and relaxed environment. Tennis balls are provided. Players play a set number of games before rotating off to mix in with a different group of four players.

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Please note Wednesday Rusty Rackets is a Coach led session.