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Iford Lane, Southbourne. BH6 5NF

**TENNIS for all AGES and abilities.....
.....from complete beginners to county players
.....from tiny tots to seasoned veterans**

The aim of Southbourne Tennis Club is to provide social and competitive tennis for people of all ages and abilities in an enjoyable environment. Below are brief details of memberships available and sessions held, further information is available at the Club.

TENNIS FOR CHILDREN

MINI TENNIS COURSES – for children aged 10&under

MINI TENNIS RED – For children aged 8 years and under who wish to start learning tennis. Sessions will cover basic co-ordination, racket and ball skills and various fun games – the emphasis very much on fun and skill learning. The course will focus on the A, B, C's – agility, balance and co-ordination – incorporated within athletic skills.



MINI TENNIS ORANGE – For children aged 8 & 9 progressing from Mini Tennis Red who have developed their skills sufficiently to move onto a modified size court with low compression balls. Equipment, court size and rules are adapted to cater for the ability of the players. Sessions will cover co-ordination and movement exercises, basic rules, technique and tactics of the game.

MINI TENNIS GREEN – For children aged 9 & 10 who have progressed through the Mini Tennis Red and Orange programme. Sessions will focus on developing technique on all strokes and explore tactical situations incorporating a games based approach to enhance new skills and learning. Co-ordination and movement exercises, basic rules, tactics and skills of the game will also be taught.



Southbourne Tennis
"The Best Of The Best"



TENNIS COACHING

JUNIOR MEMBERSHIP – for children aged 10 – 18

Membership entitles members to 2 junior sessions a week. Sessions are run on a Monday, 6 pm – 8 pm and Saturday from 10 am to 12 noon and both sessions are taken by the Club Tennis Coach. Come along and have a trial session for free. Junior Members are able to use the Club and facilities most days. All standards are welcome.

Junior Membership - £85 per annum.

ADULT MEMBERSHIP & TENNIS SESSIONS

Adult membership – Club Play sessions are held Tuesday, Friday and Sunday mornings, Monday and Thursday evenings, and for experienced Team players Tuesday evening. Membership - £205 per annum.

Provisional membership – Available for a two year period aimed at beginners or those returning to the game and feel a little rusty. Provisional membership includes a Club Play session on a Wednesday evening. Membership - £105 per annum (only available for a two year period from April of the year joined.)

Improver membership – for adults progressing from Provisional membership to gain more experience. This membership includes the Club Play session on a Wednesday evening plus an additional session on a Sunday afternoon. Membership - £150 per annum. This membership is only available for a one year period from April of the year joined. **For details of membership, please contact Annie Smith, Secretary on 07833 640285.**

INDIVIDUAL COACHING

Southbourne has three LTA Professional Coaches. Cost ranges from £14 - £20 per hour for individual lessons. Half hour lessons can be arranged at half the hourly rate. Individual Coaching will help skill development through focused specialised training and coaching.