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JUNIOR MEMBERSHIP FOR AGES 10 - 18

Southbourne Tennis
 'The Best Of The Best'



MEMBERSHIP £90 PER ANNUM

Membership entitles Members to join in with two Junior sessions a week. Sessions are on a Monday from 6pm – 8pm and Saturday from 10am – 12 noon and both sessions are taken by LTA Professional Tennis Coaches

Please come along and have a free trial.

Junior Members are able to use the Club and facilities most days
 Junior coaching priority time is between 4pm – 6pm weekdays
 All standards welcome

Please ask for further information on other
 Junior Tennis Coaching groups.

INDIVIDUAL COACHING

Individual coaching will help your child's development through focused specialised training and coaching and prepare them 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.

JUNIOR TENNIS COACHING PROGRAMME FOR OVER 10's

JUNIOR SQUADS

Junior Invitational Squad 1	Wednesday	4.45pm – 6.00pm
Junior Invitational Squad 2	Friday	6.00pm – 7.00pm
Junior Invitational Squad 3	Friday	6.00pm – 7.00pm
Junior Invitational Squad 4	Friday	5.00pm – 6.00pm
Junior Invitational Squad 5	Tuesday	4.00pm – 5.00pm

JUNIOR COACHING GROUPS

Junior Girls Only	Tuesday	5.00pm – 6.00pm
Junior Improvers	Thursday	5.00pm – 6.00pm

JUNIOR CLUB SESSIONS

Junior Club Evening	Monday	6.00pm – 8.00pm
Junior Club Morning	Saturday	10am – 12 noon



JUNIOR SQUADS

Invitation only. These squads are designed for players who are regularly competing in tournaments. Sessions will prepare players for tournaments and matchplay, focusing very much on the 4 performance factors – technical, tactical, physical and mental aspects of the game.

JUNIOR COACHING GROUPS

Junior Coaching Groups are designed for children either progressing from Mini Tennis Green, just starting out in tennis or wanting to improve their skills and knowledge. It focuses on the skills needed such as co-ordination and movement exercises, basic rules, technique and tactics of the game.

JUNIOR CLUB SESSIONS

For all children wanting to play tennis and learn new skills in a fun and social environment. Sessions will be designed to access many elements in tennis. One of the main elements of the course will be the use of tactics and how they are effective. These sessions are included as part of the Junior Membership fee.