

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

Southbourne Tennis Club successfully provides social and competitive tennis for people of all ages and all abilities. We are winners of the Dorset LTA club of the year 2008 and have, amongst our members, some of the best players in Dorset. Our Committee is very active and organises a number of Fun Tournaments, Social Events, Box Leagues and Championships. Brief details of membership and organised sessions are contained below. We hope to see you soon and, if you require any further information please talk to our secretary on the number above or just come into the Club. Below are brief details of memberships available and sessions held, further information is available at the Club.

ADULT MEMBERSHIP

MEMBERSHIP £195 PER ANNUM

This membership is available for adults with experience and those adults who are returning to the game or feel a bit rusty. This membership includes Club Play sessions on a Monday, Tuesday, Wednesday and Thursday evening and on a Tuesday, Friday and Sunday morning. The adults experience and standards will determine which sessions they will fit into, this will be decided by a Club Coach and the Committee. We offer family discount of 10% for families of two or more, OAP discount of around 25% for adults who are 65 years old or over and student discount of around 35% for adults who are between the age of 18 and 23. Participation in Adult Club sessions must be agreed by a Club Coach and the Committee.

For beginners we offer coached sessions (non members welcome):

Ladies Morning Coaching Sessions

Ladies Starter Session held on a Monday morning from 10am to 11.30am and a Wednesday morning, 9.30 am to 11 am with coaching. A 'Pay as you Play' session open to members and non-members. Beginners and Rusty Rackets welcome – rackets can be provided. Members : £5, non-members £7 includes tea/coffee and cake.

Adult Mixed Coaching Sessions

A 50+ beginner's tennis session is held on a Thursday morning, 10 am to 11.30 am with coaching. This is a 'Pay as you Play' session open to members and non-members. Members : £5, non-members £7 includes tea/coffee and cake.

A mixed beginner session is held on a Sunday afternoon from 5 pm to 6.30pm, this is a 6 week course payable upfront.

Individual Coaching

It doesn't matter how old you are, or how much you have played, one-to-one coaching is by far the best way to improve your game, so get yourself booked in, otherwise you'll miss out!!! Cost ranges from £16 - £24 for 1hour individual lessons. Half lessons can be arranged at half the hourly rate. Individual Coaching will help your development through focused specialised training and coaching. Southbourne has four LTA Professional Coaches who are trained, qualified, licensed coaches, CRB checked and first aid trained.

For more info on any of the above sessions, please contact Head Coach David Sanger on 07812 676761 or davesanger@gmail.com.

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

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JUNIOR MEMBERSHIP

FOR AGES 10 - 17

MEMBERSHIP £90 PER ANNUM

Membership entitles Members to 2 Junior sessions a week. Sessions are on a Monday from 6 – 8 pm and Saturday from 10 – 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 during weekdays. All standards welcome.

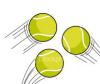
Please ask for information on Junior Tennis Coaching.



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MINI TENNIS COACHING

FOR AGES 5-10

MEMBERSHIP £10 PER TERM – 1 HOUR GROUP COACHING SESSION FROM £5

Please note Course fee must be paid by the beginning of each term along with the coaching group form



MINI TENNIS RED SESSIONS AGES 8 & UNDER

Fridays 4-5pm or Saturdays 9-10am

MINI TENNIS ORANGE SESSIONS AGES 8 - 9

Fridays 5-6pm and Saturdays 9-10am

MINI TENNIS GREEN SESSIONS AGES 9 - 10

Thursday 5-6pm or Fridays 5-6pm

MINI TENNIS RED

Sessions will cover basic co-ordination, racket and ball skills and various fun games – the emphasis is very much on FUN. The course will focus on the A, B, C's – agility, balance and co-ordination and other athletic skills. Red 3 – Children are learning ball and racket skills, basic hand eye co-ordination and movement. Red 2/1 – Rallying skills, now able to rally with a Coach over a net, learning basic strokes.

MINI TENNIS ORANGE

For players progressing from Mini Tennis Red who have developed their skills sufficiently. Sessions will cover co-ordination and movement skills, basic rules, technique and tactics of the game. Orange 3 – Basic introduction to top spin onn forehand and backhand, tactics, single matchplay. Orange 2/1 – Introduction to doubles, top spin on forehand and backhand, rallying skills with partner, volleying skills, serving skills.

MINI TENNIS GREEN

For children 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 be taught. Players getting ready for the normal yellow ball game.

Individual Coaching

It doesn't matter how old you are, or how much you have played, one-to-one coaching is by far the best way to improve your game, so get yourself booked in, otherwise you'll miss out!!! Cost ranges from £16 - £24 for 1hour individual lessons. Half lessons can be arranged at half the hourly rate. Individual Coaching will help your development through focused specialised training and coaching. Southbourne has four LTA Professional Coaches who are trained, qualified, licensed coaches, CRB checked and first aid trained.

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INDIVIDUAL TENNIS COACHING

It doesn't matter how old you are, or how much you have played, Individual coaching is by far the best way to improve your game, so get yourself booked in for some lessons, otherwise you'll miss out!!!

(Prices are for Individual lessons for 1 or 2 persons. For lessons for 3 or more people please speak to the coaches for revised rates.)

Head Club Coach – David Sanger

1hr £22 / 30mins £11

Development Club Coach – Ray Burningham

1hr £20 / 30mins £10

Performance Club Coach – Matthew Sanger

1hr £18 / 30mins £9

Additional Coaching fees for Non-Members : Adults £2 & Juniors £1

Players that represent club teams or compete in local competition will be given priority for Individual coaching after school hours.

Polite reminder: 24hour Lesson cancellation ~ In the case of cancellation, the coaches need a minimum of 24 hours notice, otherwise you will still be charged for the lesson. It is our livelihood.

Adverse Weather Conditions ~ Insofar as adverse and wet weather conditions it should be mutually agreed that the weather conditions are unfit for play before a lesson is cancelled. Please be aware that the Coach may in some cases not be able to make a decision about the weather until 15minutes before the lesson is due to commence. Please make sure you liaise with the Coach otherwise you maybe expected to pay the full lesson fee.

All of our coaches are trained, qualified, licensed coaches, CRB checked and first aid trained.
We hope you enjoy and benefit from your lessons.

For more info on any of the above sessions, please contact Head Coach David Sanger on 07812 676761 or davesanger@gmail.com.