



**Cheriton Tennis Club Coaching Sessions 2014**

Course	Day	Coach	Fee#	Time	Age	Level
<b>ADULTS Mixed Team Practise</b>	Mon	Russell	£39.60 (£49.50)	6-7pm	Adults	All levels
<b>ADULTS Cardio Tennis</b>	Wed	Russell	£39.60 (£49.50)	1-2pm	Adults	All levels
<b>Mini Tennis RED</b>	Wed	Martin	£39.60 (£49.50)	3.45- 4.45pm	5-8yrs	Beginners
<b>JUNIORS 16 &amp; U improver with Competitions</b>	Thurs	Martin	£39.60 (£49.50)	5.30- 6.30pm	16 & under	Improvers
<b>Mini Tennis RED** with Competitions</b>	Sat	Martin	£39.60 (£49.50)	10.30- 11.30am	5-8 yrs	Beginners
<b>Mini Tennis ORANGE with Competitions</b>	Sat	Martin	£39.60 (£49.50)	11.30- 12.30pm	9 & under	Improvers
<b>Mini Tennis GREEN with Competitions</b>	Sat	Martin	£39.60 (£49.50)	2.00- 3.00pm	11 & under	All levels

\*\* with help of junior coaching assistants.

# price based on a 6 week course. Some courses are longer and therefore will cost more.

**Junior/Mini club nights on Fridays are £2. No booking – just turn up. Club nights are a chance to practise playing games/matches too.**

CLUB NIGHTS	Day	Coach	Fee	Time	Age	Level
<b>Mini Club Night Red</b>	Fri	Martin	£2	5-6pm	5-8yrs	All levels
<b>Orange Club Night</b>	Fri	Martin	£2	5-6pm	9 yrs	All levels
<b>Green Club Night</b>	Fri	Martin	£2	5-6pm	10/11 yrs	All levels
<b>JUNIOR Club Night</b>	Fri	Martin	£2	6-7pm	Junior 16 & under	All levels

**The Coaches:**

Donna Holliday runs Coaching4Tennis. Coaching at Cheriton is provided in partnership with Donna.

**Donna Holliday – Operations Manager. Tel: 07928 855175. Email: [donna@coaching4tennis.co.uk](mailto:donna@coaching4tennis.co.uk)**



Martin:



Russell:

CTC contact details: Gussie Raimes [gussieraimes@hotmail.com](mailto:gussieraimes@hotmail.com) 07792 924914 or 01962 732120  
(Grange Farm, Tichborne, Alresford. SO24 0NE)

*If you would like to join a coaching class but cannot make those listed, please talk to Donna*