



AUTUMN TERM 2011 ENROLMENT FORM

Personal Details :

Title _____ First Name _____ Surname _____
Gender _____ Date of Birth _____
Full Address _____
Postcode _____
Home Telephone _____ Mobile Telephone _____
E-mail _____
Signed (parent/guardian) : _____ Date _____

I wish to enrol in the following : (1) _____ (please enter session code)
(2) _____ (please enter session code)
(3) _____ (please enter session code)

MULTI-SQUAD DISCOUNT :

**10% OFF TOTAL COST IF PAYMENT IS MADE IN WEEK 1
(when 2 or more squads are booked by the same individual)**

PAYMENT: Please pay at the tennis centre reception on week 1 for
13 weeks

OR

Return completed form and cheque made payable to:

'Total Tennis (UK) Ltd'

Send to: King's Park Tennis Centre, Kings Park Road,
Moulton Park, Northampton, NN3 6LL

Telephone : 07956 551730 E-mail : totaltennisuk@gmail.com

By signing this form I agree to FREE sign up for British Tennis Membership affiliated to King's Park Tennis Centre. For more information visit www.LTA.org.uk/membership.
By giving your consent to you/your child becoming a British Tennis Member, you agree that you/your child will abide by the Terms and Conditions of British Tennis Membership (at www.LTA.org.uk/BTMTTC)



Adult and Junior Coaching Programme

12th September to 17th December 2011

AT

King's Park Tennis Centre

Kings Park Road, Moulton Park,
Northampton, NN3 6LL

Contact:
totaltennisuk@gmail.com
07956 551730

Squad	Age	Description	Days	Times	Duration	Code	Cost (13 weeks)
Tot's Tennis	2½ - 4½ yrs	Lots and lots of fun whilst learning some basic skills for Pre-School Children.	Wednesday	1.30-2.10pm	40 mins	N/A	£ 4 per session
			Friday	10-10.40am	40 mins	N/A	£ 4 per session
Mini Red Nippers	4½ - 6 yrs	A fun introduction to tennis learning the FUNdamentals: co-ordination, movement and balance. Played on a mini court using sponge/red balls.	Monday	4 - 4.45pm	45 mins	RNM	£ 65
			Thursday	4 - 4.45pm	45 mins	RNTh	£ 65
			Saturday	9.15-10am	45 mins	RNS	£ 65
			Monday	4.45-6pm	1 hr 15 mins	MRM	£97.50
Mini Red Play	6 - 8 yrs	A fun introduction to tennis learning the FUNdamentals: co-ordination, movement and balance. Simple tactics and the basic rules of the game will be introduced. Played on a mini court using sponge/red balls.	Thursday	4.45-6pm	1 hr 15 mins	MRTh	£ 97.50
			Saturday	10 -11.15am	1 hr 15 mins	MRS	£ 97.50
			Monday	6-7pm	1 hour	MOM	£ 84.50
Mini Orange Play	8 - 9 yrs	Introduces children to tennis on a ¾ length court using mini orange balls. These balls are low compression to slow the game down and help children develop their technical skills whilst enjoying the game.	Saturday	11.15-12.15	1 hour	MOS	£ 84.50
			Monday	7-8pm	1 hour	MGM	£ 84.50
Mini Green Play	9 - 10 yrs	This is the final stage of mini tennis. The green ball is softer than 'regular' yellow balls which slows the game down and allows children to develop technically and tactically on a full size court.	Saturday	12.15-1.15	1 hour	MGS	£ 84.50
			Wednesday	5.30-7pm	1½ hours	MGTW	£ 156
Mini Green Train	9 - 10 yrs	Invitational squad for mini green players to compliment individual lessons.	Tuesday	6-7pm	1 hour	CST	£ 91
			Saturday	1.15-2.15	1 hour	CSS	£ 91
Club Silver	10 - 14 yrs	A fun introduction to tennis using regular yellow balls on a full size court.	Tuesday	7-8pm	1 hour	CGT	£ 91
			Saturday	2.15-3.15	1 hour	CGS	£ 91
Club Gold	13 - 17 yrs	For club standard juniors who are keen to learn and develop their skills.	Tuesday	8-9pm	1 hour	CCT	£ 91
			Monday	7-8.30 pm	1½ hour	GPM	£ 136.50
Club Challenger	13 - 17 yrs	For stronger club standard juniors who are competing at club level. These sessions will have a focus on match-play for singles and doubles.	Thursday	5-6.30pm	1½ hours	MT12Th	£ 156
Girls Play (13+)	13yrs +	GIRLS only – for teenage girls who are club standard	Tuesday	6.30-8pm	1½ hours	BT13T	£ 156
12&U Train (Mixed)	12&U	Invitational squad for players 'training' and competing at county level or higher.	Tuesday	5-6.30pm	1½ hours	MT13T	£ 156
13&U Train (Boys)	13&U	Invitational squad for players 'training' and competing at county level or higher.	Thursday	6.30-8pm	1½ hours	BT15Th	£ 156
13&U Train (Mixed)	13&U	Invitational squad for players 'training' and competing at county level or higher.	Wednesday	7-8.30pm	1½ hours	GTW	£ 156
15&U Train (Boys)	15&U	Invitational squad for players 'training' and competing at county level or higher.	Monday	6-8pm	2 hours	BT18M	£ 208
Girls Train (13+)	13yrs+	Invitational squad for girls 'training' and competing at county level or higher.	Friday	5-7pm	2 hours	MT18F	£ 208
18&U Train	18&U	Invitational squad for boys 'training' and competing at county level or higher.	Tuesday	5.30-6.30pm	1 hour	SCT	£ 71.50
18&U Train	18&U	Invitational squad for players 'training' and competing at county level or higher.	Tuesday	6.30-7.30pm	1 hour	SCT	£ 71.50
			Wednesday	6-7pm	1 hour	SCW	£ 71.50
			Monday	8.40-9.30pm	50 mins	CTM	£ 7 per session
Strength & Conditioning	N/A	Conditioning sessions to develop athletic fundamentals and all areas of tennis specific fitness. An important element of a tennis programme for players who are competing regularly.	Monday	10-11am	1 hour	LBM	£ 117
Cardio Tennis (Adults)	N/A	Cardio Tennis is a fitness session that combines tennis with cardiovascular exercise, delivering the ultimate, full body, calories burning aerobic workout.	Monday	11-12noon	1 hour	LIM	£ 117
Ladies Beginner	N/A	An introduction to tennis for ladies of any age. Learn the basic strokes and tactics of the game.	Tuesday	10.30-12.30	2 hours	LPPT	£ 10 per session
Ladies Improver	N/A	For club standard ladies who want to improve their skills and develop their doubles match-play.					
Ladies Pay & Play	N/A	Fun drills, social tennis, organised match-play and coaching for ladies of any standard.					

*No squads will be running during half term 24th October - 30th October.