

COACHING PROGRAMME 2025

EVERY WEEK DURING SCHOOL TERM TIME

MONDAY	7-8pm	Tennis Xpress Six-week course for senior players	Learn the basics with a six-week coaching course - Tennis Xpress is all about meeting other players and having fun! The course introduces the basic skills of tennis while introducing players to the scoring system and the rules. Taking place over six weeks, it's aimed at adults who are either new to the game or a little rusty.
TUESDAY	4:30-6pm	Lil Mis-Hits	This session is designed for girls aged 5-11. Tennis in a fun environment. Lil Miss-Hits will develop the skills needed to play tennis and a group of friends to play with. Sessions are delivered by female coaches.
	6-7:30pm	Hitting Squad	A competitive session designed to help team players develop a more consistent attacking game style.
THURSDAY	4:15-5:45pm	High School (Ages 11+)	Juniors of high school age welcome to attend.
	6-7:30pm	Hitting Squad	A competitive session designed to help team players develop a more consistent attacking game style.
SATURDAY	9-10am	Tiny Tots 1 (Ages 2-5)	Tiny Tots Tennis A programme specially designed for children aged two to five-years-old which enables them to learn the basics of tennis. It encourages them to enjoy the game through a series of fun activities based on the fundamental areas of balance, co-ordination, agility, movement, and hand-eye coordination.
	10-11am	Tiny Tots 2 (Ages 2-5)	
	10-11am	Mini Tennis Red (Ages 6-8)	Red Stage - Serve, rally and score (Age 6-8) This will look a bit more like the tennis you know. You'll see overarm serves, rallies, and volleys. Coaches will help children to further develop their co-ordination, balance, and speed. We'll introduce relaxed competition here too.
	11-12pm	Mini Tennis Orange (Ages 8-9)	Orange Stage - Develop a game (Age 8-9) Time to throw in some tactics, problem-solving, and guides to sportsmanship and leadership. At this stage children will know all the rules and will be serving and returning in matches.
	12-1pm	Mini Tennis Green (Ages 9-10)	Green Stage - Test your skills (Age 9-10) This is the big one. It's time for kids to play on full size courts. Now it's all about growing their game by fine tuning and refining the techniques they've learned so far.
	1-2pm	Yellow (Ages 10+)	Yellow Stage - Take your skills further (Age 10+) Time to find your game. Playing on a full-size court with the same size balls the pros use, kids will continue to explore different styles on the court and start to choose their own.
	2-3:30pm	Senior Tennis (Ages 18+)	Covering all aspects of tennis in a fun and welcoming environment. All players from 18yrs. welcome

Book: Coach Grant Watson 07921 078 198 / grantmdwatson@gmail.com

The Important Stuff!

Cost & Dates:

Payable for the full half term at the first session or earlier, we do not offer session by session payment options (unless stated otherwise). Sessions cancelled due to inclement weather will be credited and taken off the next half term of sessions.

We reserve the right to amend the prices below before the start of a new block of sessions commence.

January – Feb Half Term -Winter (w/c 06/01/25 X 7 weeks):

Tennis Xpress:	£10.00 per session (sessions will not run on Bank Holiday Mondays)
Hitting Sessions/Senior Tennis:	£15.00 per session (FREE TRIALS for non-members available)
Lil Mis-hits & High School:	£70.00 (7 week term)
All Mini Tennis & Tots:	£49.00 (7 week term)

(please note Saturday Tots 1 at 9am only runs during summer 1 and 2).

March – Spring term (w/c 03/03/25 x 6 weeks):

Tennis Xpress:	£10.00 per session (sessions will not run on Bank Holiday Mondays)
Hitting Sessions/ Senior Tennis:	£15.00 per session
Lil Mis-hits & High School:	£60.00 (6 week term)
All Mini Tennis & Tots:	£42.00 (<u>6 week term</u>)

(please note Saturday Tots 1 at 9am only runs during summer 1 and 2).

April – Summer 1 (w/c 28/04/25 x 4 weeks):

Tennis Xpress:	£10.00 per session (sessions will not run on Bank Holiday Mondays)
Hitting Sessions/ Senior Tennis:	£15.00 per session
Lil Mis-hits & High School:	£40.00 (4 week term)
All Mini Tennis & Tots:	£28.00 (4 week term)

June – Summer 2 (w/c 02/06/25 x 7 weeks):

Tennis Xpress:	£10.00 per session (sessions will not run on Bank Holiday Mondays)
Hitting Sessions/ Senior Tennis:	£15.00 per session
Lil Mis-hits & High School:	£70.00 (7 week term)
All Mini Tennis & Tots:	£49.00 (7 week term)

September – Autumn (w/c 02/09/24 x 6 weeks):

Tennis Xpress:	£10.00 per session (sessions will not run on Bank Holiday Mondays)
Hitting Sessions/ Senior Tennis:	£15.00 per session
Lil Mis-hits & High School:	£60.00 (6 week term)
All Mini Tennis & Tots:	£42.00 (6 week term)

(please note Saturday Tots 1 at 9am only runs during summer 1 and 2).

121 Lessons, Ball Machine Training & Private Group lessons:

If you are interested in booking 121 lessons, 221 lessons, organising a training session on the Slinger Ball Machine or arranging a small group lesson to look at a particular part of your game, please get in touch.

To Book:

If you would like to book a place on any of our half termly coaching sessions, please get in touch. Places are strictly limited in line with LTA coach/player ratios. If you attend a term time group session, your place is automatically guaranteed for the next half term of sessions. If you are unable to attend, please make your coach aware.

All coaches are LTA Accredited (more information on Coach Accreditation can be found here: <https://www.lta.org.uk/roles-and-venues/coaches/accreditation/>). This means they have undertaken and passed the relevant qualification level and DBS check, are First Aid Trained, are fully insured, are up to date with the latest safeguarding standards and advice from the venue and the LTA (ATC Welfare & Safeguarding: <https://alwicktennisclub.co.uk/welfare-and-safeguarding/>).

Payment Methods:

Payments are to be made directly to the Head Coach, Grant Watson NOT to Alwick Tennis Club. Cash/Card/Bank Transfer payments accepted.

CONTACT US:

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