

YOUTH TENNIS COACHING PROGRAMME (2-18yrs)



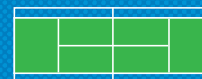
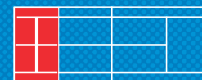
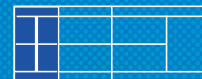
THE
ACADEMY
HALLAMSHIRE

Tiny Tots Age 2 to 3.5	Tues 10:15am-11am Thurs 10:15am-11am
Mini Tots Age 3.5 to 4	Tues 4:15pm – 5pm Thurs 4:15pm – 5pm Sat 10:15am-11am Sat 11:15am-12pm Sun 9:15am – 10pm

We deliver a 38 week programme in line with the school term dates and have breaks in the programme during the following holidays:

- 2 weeks at Easter
- 1 week during the May Bank Holiday/ Half term
- 6 weeks during the Summer Holiday
- 1 week during October Half Term
- 2 weeks at Christmas
- 1 week during the February Half Term

	Level 1	Level 2	Level 3 (Invitational)	Level 4 (Invitational)
Youth Blue Age 4 to 6	Tues 4 – 5pm Thurs 4 – 5pm Sat 10 – 11am Sat 11am – 12pm Sun 9 – 10am	Tues 4 – 5pm Thurs 4 – 5pm Sat 10 – 11am Sat 11am – 12pm Sun 9 – 10am		
Youth Red Age 6 to 8	Tues 4 – 5pm Thurs 4 – 5pm Sat 10 – 11am Sat 11am – 12pm Sun 9 – 10am	Tues 4 – 5pm Thurs 4 – 5pm Sat 10 – 11am Sat 11am – 12pm Sun 9 – 10am	Thurs 4 – 5pm Sat 10 – 11am Sat 11am – 12pm	
Youth Orange Age 8 to 9	Mon 4 – 5pm Thurs 5 – 6pm Sun 10 – 11am	Mon 4 – 5pm Thurs 5 – 6pm Sat 9 – 10am Sun 10 – 11am	Mon 5 – 6pm Wed 6:30 – 8am Fri 4 – 5:30pm	Wed 6:30 – 8am
Youth Green Age 9 to 10	Thurs 6 – 7pm Sun 11am – 12pm	Wed 4 – 5pm Thurs 6 – 7pm Sun 11am – 12pm	Wed 6:30 – 8am Wed 4 – 5pm Fri 4 – 5:30pm	Wed 6:30 – 8am
Youth Yellow U12's 10 to 12	Wed 4 – 5pm Thurs 4 – 5pm Sat 10 – 11am*	Tues 5 – 6pm Sat 9 – 10am Sat 10 – 11am*	Wed 6:30 – 8am Wed 4 – 5pm Thurs 5 – 6pm Fri 5:30 – 7pm	Wed 6:30 – 8am
Youth Yellow Age 12 – 14	Fri 4 – 5pm Sat 11 – 12pm*	Mon 6 – 7pm Sat 11am – 12pm*	Mon 4 – 5:30pm Wed 6:30 – 8am	Tues 4 – 6pm Wed 6:30 – 8am
Youth Yellow Age 14+	Sat 12 – 1pm*	Wed 5 – 6pm Fri 5 – 6pm Sat 12 – 1pm*	Mon 5:30 – 7pm Wed 6:30 – 8am	Wed 6:30 – 8am Wed 5 – 7pm



Monthly Direct Debit Costs:

45 min indoor
£20.90 per month

1 hour indoor
£27.87 per month

1 hour outdoor
£20.90 per month

1.5 hours indoor
£41.80 per month

2 hours indoor
£55.74 per month

All groups are indoor unless stated otherwise.

* Outdoor

For bookings and full terms and conditions please contact our admin team enquiries@academytennis.co.uk

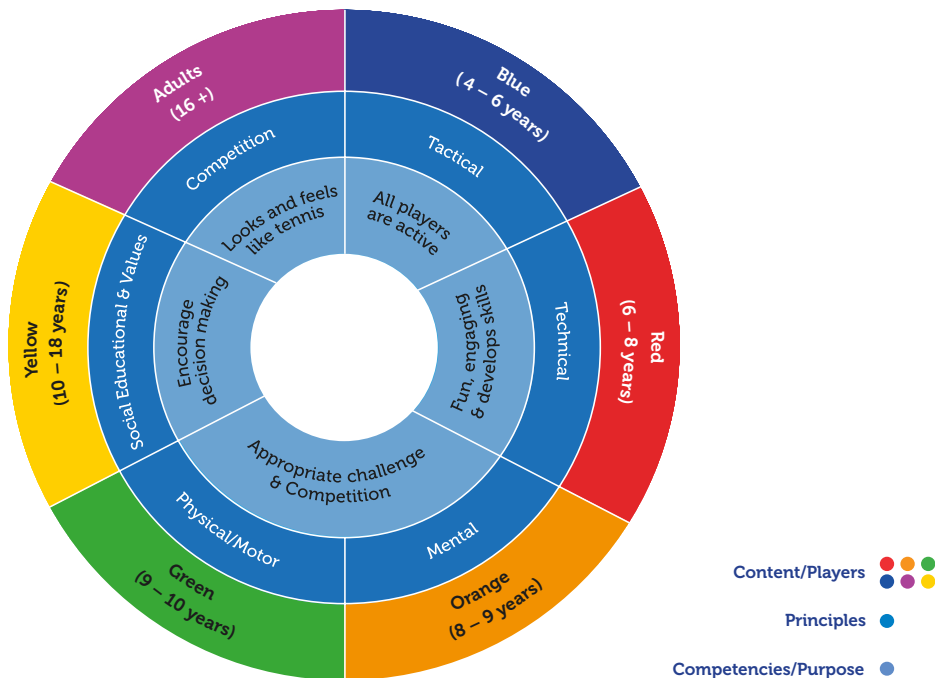
**Hallamshire Tennis & Squash Club,
716 Ecclesall Road, Sheffield S11 8TA**

Academy Coaching Programme Overview and Philosophy

1. Motor Skills
2. Skills for tennis
3. Tennis skills

Skill development over fixed movement –
prioritising the skills to play over stroke shapes

Variable skill acquisition –
Tennis is an open skill sport, we need to train
players that way



NOTES:

If an individual, or multiple members of the same family, take part in 3 or more hours of coaching on our core GROUP COACHING PROGRAMME you will receive a 5% discount off your fees. The discounted amount is NOT taken at source, however it can be claimed back quarterly as long as the 3+ hours have continued.

Players who are 16+ and a Level 3 will be encouraged to participate in the adult box leagues and mens and ladies practice nights.

Players should expect to initially drop down a level when they move up an age group.

Invitation squads

Players will only be invited onto Level 3/4 Squads if they are prepared to do a minimum of 2 squads and an individual lesson per week

All Academy members can access the programme for 8 weeks without paying a non members fee to The Hallamshire Tennis & Squash Club. Thereafter, all juniors will be expected to either become a member of the club or pay a £2.00 non members fee per session.

For further information on club membership please contact The Hallamshire Reception - reception@hallamshire.net