



SUMMER JUNIOR & MINI TENNIS COACHING COURSES 2017

Children between 3 and 10-years-old can get stuck into the world of tennis with our exciting program. With smaller courts, nets, rackets and lower bouncing balls, Mini Tennis offers the perfect introduction to the sport, with all the fun and energy of the real thing.

There are four stages of Mini Tennis; Tots, Red, Orange and Green, each with their own court size and type of ball. This tailored approach enables players to develop vital skills and techniques at an early age.

MINI TENNIS TOTS

Mini Tennis Tots is for children aged 3 to 5-years-old and enables them to learn the basics and how to enjoy the game through a series of fun activities based on the fundamental areas of balance, co-ordination, agility, movement and racket and ball skills.



MINI TENNIS RED

Mini Tennis Red is for players aged 8 and under. Players learn to serve, rally and score with a slow ball, as well as learning the movement and co-ordination skills needed for tennis. Players are encouraged to play fun competitions in teams and as individuals, with short matches using tie-break scoring.



MINI TENNIS ORANGE

Mini Tennis Orange is a great way for players to continue their progress from Mini Tennis Red and is for players aged 8 and 9. Players develop a rounded game learning a range of techniques and tactics. Courts are bigger and wider than the red stage but still smaller than full-size tennis courts. There are team and individual competitions with matches using tie-break scoring.



MINI TENNIS GREEN

Mini Tennis Green is a great way for players to continue their progress from Mini Tennis Orange and is for children aged 9 and 10. Players can now put their technique and skills into practice on a full size court with a faster ball which will help them develop all aspects of their game. There are individual and team competitions, with scoring extended to short sets.



COURSES DATES SUMMER 2017

WEEK 1	JULY	Monday 17 th	Tuesday 18 th		Thursday 20 th	Friday 21 st
WEEK 2	JULY	Monday 24 th	Tuesday 25 th		Thursday 27 th	Friday 28 th
WEEK 3	JULY/AUG	Monday 31 st	Tuesday 1 st		Thursday 3 rd	Friday 4 th
WEEK 4	AUGUST	Monday 7 th	Tuesday 8 th		Thursday 10 th	Friday 11 th
WEEK 5	AUGUST	Monday 21 st		Wed 23 rd	Thursday 24 th	Friday 25 th

DAILY TIMETABLE	
Mini Tennis Tots	9.00-9.30am
Mini Red	9.30-10.15am
Mini Orange	10.15-11.15am
Mini Green	11.30-12.30pm

MEMBER PRICE	NON-MEMBER PRICE
£15 p/w	£20 p/w
£20 p/w	£26 p/w
£24 p/w	£32 p/w
£24 p/w	£32 p/w

WEEK BOOKED:	1	2	3	4	5	(please circle week you want to book)
COURSE NAME:	Mini Tots	Mini Red	Mini Orange	Mini Green		(please circle course you want to book)

PLAYER NAME:..... DOB/AGE:.....

PARENT NAME:.....

EMAIL ADDRESS:.....

TELEPHONE/MOBILE NO:..... MEMBER/NON-MEMBER.....

To reserve your place on the course, bookings must be accompanied by payment in full by card payment, cheque payable to F.L.T.C. or cash. Please return completed form to: F.L.T.C. 36 Holland Road, Frinton On Sea, Essex. CO13 9ES.
T: 01255 674055 E: enquiries@fltc.co.uk

IMPORTANT INFORMATION

- Please bring your own rackets (limited supply available)
- Tennis wear to be worn
- In case of inclement weather, groups may utilise indoor facilities
- There will be a minimum number for each group to run

SUMMER HOLIDAY ACTIVITIES 2017

COME TO
FRINTON LAWN TENNIS CLUB
for
FUN, FITNESS & FRIENDS
and
ENJOY OUR FABULOUS FACILITIES!

- ✓ Tennis
- ✓ Squash
- ✓ Swimming
- ✓ Fitness
- ✓ Table Tennis

JUNIOR AMERICAN TOURNAMENTS - Frinton JATs are a great day of fun tennis for players of all abilities up to 18.

1st Junior American Wednesday 2nd August

2nd Junior American Tuesday 22nd August

3rd Junior American Tuesday 29th August

Entry: £12 (members), £18 (non-members). Entry forms at: <http://fltc.co.uk/junexttournaments.html>

EARN VALUABLE LTA RANKING POINTS AT THE GRADE 5 TOURNAMENTS THIS SUMMER!

Tuesday 1st August 2.30pm-5.00pm / 8yrs and Under Mixed Singles (Mini Red)

Thursday 3rd August 2.00pm-5.00pm / 9yrs and Under Mixed Singles (Mini Orange)

Monday 7th August 2.00pm-6.00pm / U12, U14, U16 and U18 for both Boys and Girls (Yellow Ball Singles Open)

Tuesday 8th August 2.00pm-6.00pm / 10yrs and Under Mixed Singles (Mini Green)

To enter contact: Matthew Watson acetennis84@gmail.com

SPLASH & SMASH at FLTC this summer - Play tennis, swim and enjoy a delicious tea at the end of the day!

Saturday 22nd July 2pm-5pm

Sunday 6th August 2pm-5pm

Entry £15 (members), £17 (non-members.) To enter contact: enquiries@fltc.co.uk or call us on 01255 674055

ANNUAL FLTC JUNIOR OPEN GRADE 3 LTA SANCTIONED TOURNAMENT – all age groups.

Monday 14th August – Friday 18th August • Entries to matthew.byford@lta.org.uk

Benenden Summer Slam • Singles for boys & girls 10 and under with lots of fun prizes & giveaways!

Sunday 16th July 10.30-12.00 • Entry £6. Contact: enquiries@fltc.co.uk or call us on 01255 674055

Watch our notice boards and website for other junior and mini events including Misshits and She Rallies!

We look forward to welcoming you at FLTC this summer • Good weather, good tennis and great holidays!

Your Coaching Team at FLTC • enquires@fltc.co.uk • 01255 674055