

ADULT COURSES

Mon 19th April 2010 – Sunday 18th July 2010

VETS MORNING	Mon 19/04/10 – 12/07/10	9.00 – 11.00am	£6/£5 week
TENNIS TACTICS	Mon 19/04/10 – 12/07/10	9.30 – 11.00am	£110 Course
ADULT IMPROVERS	Mon 19/04/10 – 12/07/10	11.00 – 12.30pm	£10/£9 week
BRUSH STROKES	Mon 19/04/10 – 12/07/10	11.00 – 12.30pm	£110 Course
DOUBLES DRILLS	Mon 19/04/10 – 12/07/10	1.00 – 2.30pm	£110 Course
MASTER TENNIS (16 +)	Mon 19/04/10 – 12/07/10	7.30 – 9.00pm	£121 Course
STROKES & PLAY	Tue 20/04/10 – 13/07/10	9.00 – 10.30am	£120 Course
FIT DRILLS	Tue 20/04/10 – 13/07/10	9.30 – 11.00am	£120 Course
CLUB DRILLS	Tue 20/04/10 – 13/07/10	11.00 – 12.30pm	£120 Course
STROKES & PLAY	Tue 20/04/10 – 13/07/10	7.30 – 9.00pm	£132 Course
MIX & MATCH SET	Tue 20/04/10 – 13/07/10	9.00 – 10.30pm	£132 Course
ADULT Introduction	Wed 21/04/10 – 14/07/10	9.00 – 10.30am	£ 9 week
FIT DRILLS	Wed 21/04/10 – 14/07/10	10.30 – 12.00pm	£120 Course
PRACTICE & PLAY	Wed 21/04/10 – 14/07/10	7.30 – 9.00pm	£132 Course
DYNAMIC DRILLS	Thu 22/04/10 – 15/07/10	9.00 – 10.30am	£120 Course
ADVANCED DRILLS	Thu 22/04/10 – 15/07/10	10.30 – 12.00pm	£120 Course
HEART PUMPING DRILLS	Thu 22/04/10 – 15/07/10	12.30 – 2.00pm	£120 Course
LADIES MORNING	Fri 23/04/10 – 16/07/10	9.00 – 12.00pm	£9/£7 week
HIGH IMPACT DRILLS (Invitation)	Fri 23/04/10 – 16/07/10	9.30 – 10.30am	£120 Course
ADULT CLUB NIGHT	Sun 25/04/10 – 6/06/10	7.30 – 9.45pm	£10/£8 week

The lower price quoted on some pay and play sessions is a concession for Bradfield Tennis Club Members and Associate Members.

Enrolment Form

Name:DOB (Under 18's).....

Address:

Contact Telephone No: Day: Evening:

Course Information Email

Physical activity is safe for most people aged between 16 – 69 years old. Anyone above this age, or being prescribed drugs for a heart condition or blood pressure, should consult a doctor before enrolling on the course. All players are advised to warm up before each session.

Disclaimer: I know of no reason why I should not engage in physical activity and do so at my own risk. I understand that training whilst injured, under the influence of drugs or alcohol or in a different way to that shown, could lead to injury and I cannot hold Bradfield College Sports Complex responsible for injury caused by any of these means.

Please outline any conditions or special health problems/allergies you may have which we should be aware of:

SignedDate.....

JUNIOR COURSES

Mon 19th April 2010 – Sunday 18th July 2010

RED FLASH MINI-TENNIS (Invitation only)	Mon 19/04/10 – 12/07/10	5.45 – 6.30pm	£74.25 Course
ORANGE ACE MINI-TENNIS (Invitation only)	Mon 19/04/10 – 12/07/10	6.30 – 7.30pm	£88 Course
DEVELOPMENT SQUAD (Invitation only)	Mon 19/04/10 – 12/07/10	6.00 – 7.30pm	£121 Course
ADVANCE PERFORMANCE SQUAD (Inv)	Tue 20/04/10 – 13/07/10	6.00 – 7.30pm	£132 Course
HIGH PERFORMANCE SQUAD (Inv. only)	Tue 20/04/10 – 13/07/10	7.30 – 8.45pm	£114 Course
MINI TENNIS SQUADS Red/Orange	Wed 21/04/10 – 14/07/10	5.45 – 6.30pm	£81 Course
MINI TENNIS SQUADS Orange/Green	Wed 21/04/10 – 14/07/10	6.30 – 7.30pm	£96 Course
MINI TENNIS Red/Orange	Fri 23/04/10 – 16/07/10	5.45 – 6.30pm	£81 Course
MINI TENNIS Orange/Green	Fri 23/04/10 – 16/07/10	6.30 – 7.30pm	£96 Course
JUNIOR EXTREME SQUADS	Fri 23/04/10 – 16/07/10	7.30 – 9.00pm	£132 Course
EARLY BIRD SQUAD (Invitation only)	Sat 24/04/10 – 17/07/10	8.00 – 8.45am	£81 Course
MINI TENNIS Red/Orange	Sat 24/04/10 – 17/07/10	8.45 – 9.30am	£81 Course
MINI TENNIS Red/Orange	Sat 24/04/10 – 17/07/10	9.30 – 10.15am	£81 Course
MINI TENNIS Orange/Green	Sat 24/04/10 – 17/07/10	10.15 – 11.00am	£81 Course
DEVELOPMENT TENNIS	Sat 24/04/10 – 17/07/10	11.00 – 12.00pm	£96 Course
JUNIOR SQUADS 'Speed'	Sun 25/04/10 – 18/07/10	2.30 – 3.30pm	£88 Course
JUNIOR SQUADS 'Fire'	Sun 25/04/10 – 18/07/10	3.30 – 4.45pm	£105 Course
JUNIOR SQUADS 'Prestige'	Sun 25/04/10 – 18/07/10	4.45 – 6.00pm	£105 Course
JUNIORSQUADS 'Flex point'	Sun 25/04/10 – 18/07/10	6.00 – 7.30pm	£121 Course

All Junior Courses will involve a fitness week and a tournament week before half term. After half term an assessment week will take place.

Mini Tennis Club (Under 8s) – Monday Afternoons

On Music School courts from 4.30pm to 5.45pm. Members free, non-members £4 per week.

Junior and Adult Outdoor Club Night – Thursday Evenings

Juniors from 6pm to 7.30pm. Members free, non-members £4 per week.

Adults from 7.30pm onwards. Members free, non-members £5 per week.

Indoors on 22 and 29 April, then outdoors from 6 May.

Please call the Assistant Tennis Coach, Liam Phillips, on 07824 467228 with any queries on these sessions.

N.B. No adult or junior courses will run on Bank Holiday Monday 3 May, during our Tenth Anniversary Open Day on Sunday 23 May or at half-term: Saturday 29 May to Friday 4 June inclusive.

**Payment can be made by cash, debit card or cheque made payable to:
Bradfield College Enterprises Ltd.**

**PLEASE CALL 0118 964 4600
TO BOOK OR FOR MORE DETAILS**