

## Private lessons

Group and individual lessons provide players with the opportunity of more tailored coaching with the added advantage of flexible lesson times. Lessons are arranged directly with the coach at suitable times. Listed below are prices for individual lessons. Please call for private group lesson rates.

	1/2 Hour	1 Hour
Level 3 Coach	£18	£28
Senior Coach	£19	£32
Tennis Director	£24	£40



Contact 01256 358816  
tt@totallytennis.co.uk

HOTELS

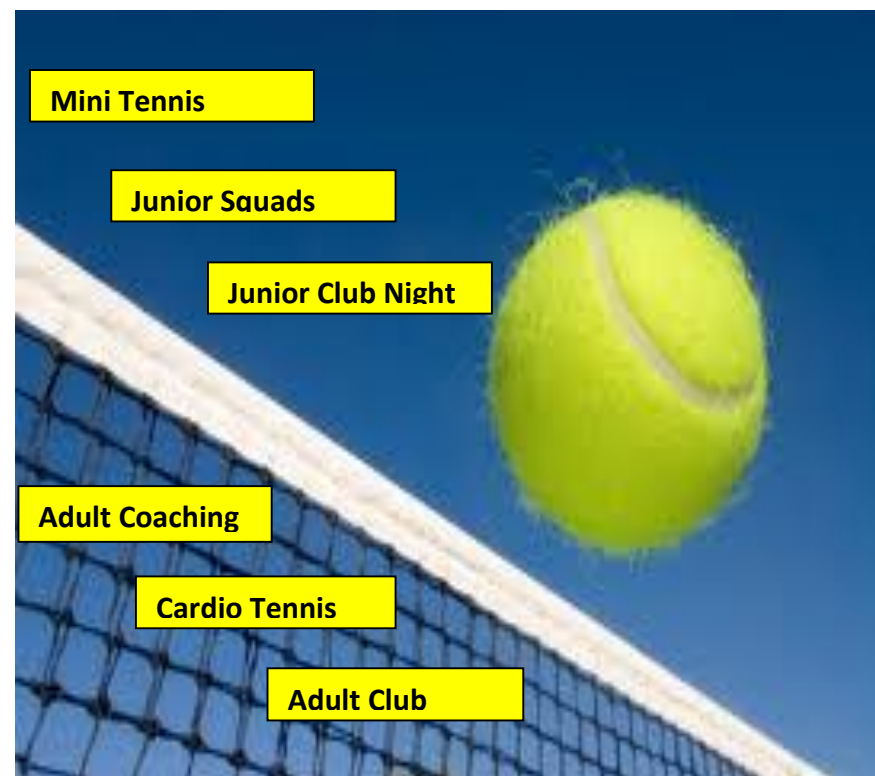
The Hampshire Court Hotel

Basingstoke

★★★★

**totallytennis**™  
Hampshire Court

## Junior Coaching Programme



Contact 01256 358816  
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## Junior Programme

Welcome to the Totally Tennis junior coaching programme at Hampshire Court. Young players taking the first step into tennis can take part in mini tennis, whilst older players can join the junior squads.

See below the sessions that are suitable to you.

### TOTs – Age 3-4

Tots tennis is a great way for children to begin their tennis career. With a splash of colour on the courts and our enthusiastic coaches, the players will work on their hand - eye coordination, sending and receiving skills as well as the basic of tennis. All this will be taught within fun filled games to spark your child's imagination.

**Monday 3:45pm – 4:30pm, Thursday 2pm – 2:45pm.**

### Pirates – Red Mini Tennis, Age 4-8

Pirates is for juniors aged between 4 and 8 that have little or no tennis experience. The sessions run on a red mini tennis court and will provide players with a sound knowledge of simple moving, hitting, throwing and catching, and basic racket skills.

**Monday 4:30pm – 6:30pm and Saturday 9:30am – 10:30am.**

### Dodgers – Orange Mini Tennis, Age 8-10

Dodgers is for beginners and improvers aged 8-10. Players continue to develop their Fundamental tennis skills, and work on improving their rallying, serving and games and competition using orange mini tennis.

**Monday 5:30pm – 6:30pm, Saturday 10:30am – 11:30am**



### Giants - Green Mini Tennis, Age 10-11

Giants is for improvers aged 10-11 and provides the transition from a smaller orange court to full court tennis with green mini tennis balls. Players continue to work on all the basic skills required for tennis including improving both their technique and tactics.

**Tuesday 6:30pm – 7:30pm**

### Juniors Squad 12+ - Beginners and Improvers

For beginners and improvers wanting to learn the game in a fun and exciting environment. The session will provide the players with the transition from playing mini tennis to full court tennis with normal balls.

**Friday 6pm – 7pm Saturday 12:30pm – 1:30pm**

### Junior Squad 12+ - Intermediate and Advanced

For intermediate to advanced. Players in these squads work on consolidating their strengths, polishing their technique, developing more advanced tactics and improving overall consistency for matchplay.

**Friday 6pm – 7pm, Saturday 12:30pm – 1:30pm**

### Junior Club Night

Club night is **free for members** to come and enjoy a more social side of tennis. With tennis based games and competitions along with multi-sport activities.

**Friday U11 5pm – 6pm**

