

TENNIS COACHING DUMFRIES SPORTS CLUB 2010

COACH: COLIN DUNBAR LTA LEVEL 4 CCA

DUE TO THE DISSAPOINTING WEATHER CLIMATE WE ARE
CONSTRUCTING A SATURDAY MORNING TENNIS PROGRAMME WITH
THE BACK UP OF BEING ABLE TO USE THE MAIN CLUBHOUSE IF THE
WEATHER IS POOR OUTSIDE

ACTIVITIES WOULD BE TAKEN ON A SQUASH COURT INCLUDE:
RACKETBALL, BADMINTON, VOLLEYBALL, MINI TENNIS, BALL
SKILLS,AND USE OF THE POOL TABLE SO OUR SESSIONS WILL NEVER
BE CANCELLED!

FINGERS CROSSED WE DON'T HAVE TO GO INSIDE TOO OFTEN BUT IF
CHILDREN BRING INDOOR GYM SHOES IF THE WEATHER IS POOR
OUTSIDE

SQUADS ARE NOW LIMITED TO 10 PLAYERS ON A FIRST COME FIRST
SERVED BASIS AND PLAYERS WILL BE REQUIRED TO BE MEMBERS OF
THE CLUB WHICH IS VERY REASONABLY PRICED FOR ALL YEAR ALL
SPORTS AND ALLOWS YOU TO PLAY ANYTIME

LESSONS ARE NOW BOOKED IN A 5 WEEK BLOCK OF 1 HOUR LESSONS
AT A COST OF £15 AND A WAITING LIST WILL APPLY

THE GROUPS ARE AS FOLLOWS:

SATURDAYS

| | | |
|-----------|----------|----------------------------|
| 9AM-10AM | YELLOW 1 | FOR PLAYERS 10YO AND OVER |
| 10AM-11AM | YELLOW 2 | FOR PLAYERS 12YO AND OLDER |
| 11AM-12PM | ORANGE 1 | FOR PLAYERS 8-10 YO |
| 12PM-1PM | RED 1 | FOR PLAYERS 4-7YO |

PLEASE CONTACT COLIN DUNBAR ON 07762 624329 TO BOOK A SPACE IN A GROUP

GROUPS START: SATURDAY 30TH JANUARY

THERE WILL BE TUESDAY SESSIONS FROM MARCH- OCTOBER

LOOK FORWARD TO SEEING YOU ON COURT!