

LINLITHGOW TENNIS CLUB

COACHING PROGRAMME

2020 - 21



We are offering group coaching aimed at developing technique and play opportunities for children age 5 – 18 years and adults of all ages and abilities. Sessions are headed up by Head Coach Gordon Watson (LTA Level 4 Senior Licensed Performance Coach, First Aid and PVG certified) and his team of qualified coaches.

Most courses run for 1 hour over 12 consecutive weeks and cost £90 (except for one class on Friday at 4 – 5.30pm), however an early bird price of £80 applies to all courses paid by 30 August 2020.

Mondays

3.45 – 4.45pm **Mini Red 8U** (5 – 8 years)
4.30 – 5.30pm **Mini Orange / Green 12U** (9 – 12 years)
5.30 – 6.30pm **Yellow** Development Squad (13 - 16 years)

Tuesdays

3.45 – 4.45pm **Mini Red** (5-8 years)
4.45 - 5.45pm **Mini Orange/Green** 9-12 years
4.30 – 5.30pm **Mini Green/Yellow** Invitational (10 – 12 years)
5.30 – 6.30pm **Yellow** Junior invitational Squad (11– 16 years)

Fridays

1 – 2pm **Mini Red 8U** (5 – 8 years)
2 – 3pm **Mini Orange / Green 1**(9-12 years)
3 - 4pm **Yellow** Youth 16U (12 - 14 years-
4 – 5.30pm **Yellow** Development Squad 18U (14- 18 years).

Saturdays

9 – 10am **Mini Red** (5 – 8 years)
10 – 11am **Mini Orange** (8-10 years)
11am – 12pm **Mini Green / Yellow** 12U (10 – 12 years)

Adult Classes: Tuesdays 7.30 – 8.30pm

To register for a place: Players must be members of the club to attend. Go to www.linlithgowsportsclub.com then Member zone to join. New players please contact Gordon for availability of places. Book and pay for classes by downloading the free Total Tennis app from the App Store. Register parent/guardian then add players.

One-to-one coaching and racquet restringing are also available.

Contact Head Coach Gordon on 07753 809 122