

The Junior Tennis Camp at Lansdowne LTC



The Junior Tennis Camp at Lansdowne LTC
July 12 ó 16 & July 19 ó 23 (July 26 ó 30 depending on demand)
9.30 ó 2pm Daily

Typical Day:

9:30am: Registration followed by a group warm-up exercise and stretching
10am: Technical Group Lesson (focusing on one stroke per day)
11am: Mid-morning snack
11.15 pm: Games for 4-9 year olds (may include tennis and/or other sports related activity)/videoing of tennis technique for 9+ year olds
12pm: Lunch (all juniors MUST remain in clubhouse)
12.30pm: analysis of tennis technique from video for 9+/ tennis games for 4-9 years old
1pm: Tennis Competition (or additional technical development: age dependent)
2pm: Home (Parents please ensure children are collected each day at 2pm)

Who: For all Juniors age 4+ (must be age 4 on 12/7/10)

Price: £100 per week/£190 for 2 weeks/£280 for 3 weeks (10% discount for families). Includes: tennis tuition, mid-morning snack, light lunch, balls and prizes. Non-members born in 2002 or earlier must pay an additional £5 per day

Bring: Tennis racket, rain jacket, sun protection and a drink

Wear: Recognised tennis attire and white soled tennis shoes must be worn

Please register before Monday July 5th

Name: _____ Age (as of 12/7/10): _____

Parent/Guardian Signature: _____

Contact mobile of Parent: _____

Additional Contact if necessary: _____

Are you a member (please circle): Yes No

Weeks attending (please circle): July 12-16 July 19-23 July 26- 30

Check list:

- Have you included payment (cheques payable to Lansdowne LTC)
- **Please let staff know of any dietary requirements and/or medical conditions/history**
- If you have any questions please contact Emma on 6680219