



# MAWDESLEY TENNIS CLUB

## 2011 SENIOR GROUP COACHING PROGRAMME

### Senior Beginner

For adults who are newcomers to tennis, or for those who wish to start playing again.

**Course Code: SC1**

**Saturdays 1.00pm - 2.00pm**

### Senior Improver

For adults who have played previously, and wish to improve tactical and technical ability.

**Course Code: SC2**

**Saturdays 1.00-2.00pm**

### Senior Cardio Tennis

A great new way to give players of ALL abilities a hi energy workout. A great way to get in shape & burn & improve tennis skills. Much more fun than working out in a gym or other forms of exercise. Give it a go... It's great fun & very rewarding! (Come and try it out for FREE at the Cardio Demo Day on Saturday 30th April 2.00-3.00pm - part of the Full Open Day taking place 1.00-4.00pm).

**Course Code: SC3**

**Saturdays 2.00pm - 3.00pm**

All Senior Courses will be held at Mawdesley Tennis Club (Hurst Green, Mawdesley, Lancashire, L40 2QS) and will be run by L.T.A Qualified Tennis Coach Suzanne Rath. For more details please contact Kim White (Senior Tennis Co-Ordinator) on: 07736072341 / 01257 463852

#### Course Dates:

**Set 1 x5 weeks: 5/3, 12/3, 19/3, 26/3, 2/4**

SC1 & SC2 £30 each course. No SC3, but FREE Demo Day on 30/4

**Set 2 x4 weeks: 7/5, 14/5, 21/5, 28/5**

SC1 & SC2 £24 each course SC3 £4 per week or £15 in advance

**Set 3 x6 weeks: 11/6, 18/6, 25/6, 2/7, 9/7, 16/7**

SC1 & SC2 £36 each course SC3 £4 per week or £23 in advance

**Set 4 x6 weeks: 10/9, 17/9, 24/9, 1/10, 8/10, 15/10**

SC1 & SC2 £36 each course SC3 £4 per week or £23 in advance

[www.mawdesleytennis.com](http://www.mawdesleytennis.com)



# MAWDESLEY TENNIS CLUB

## 2011 SENIOR GROUP COACHING PROGRAMME

### Registration Form

Name:

Date Of Birth:

Address:

Post Code:

Home Telephone No:

Mobile Telephone No:

Email Address:

Course Code(s) and Set(s) you wish to enrol on:

Do you have any relevant medical condition(s) that the Coaching Staff should be aware of:

I enclose a cheque/postal order made payable to 'Mawdesley Tennis Club' for the following amount:

Signature:

Date:

**Please return your registration form and payment to:**

Mawdesley Tennis Club, c/o Kim White (Senior Tennis Co-Ordinator): Hunters Meet, Bannister Lane, Mawdesley, WN6 9QD.  
07736072341 / 01257 463852

Please make sure you complete and return your registration form with your payment as soon possible to avoid disappointment. Please assume that you have gained a place on the course of your choice unless you are contacted. No confirmation or receipt will be forwarded.