

## Additional Services

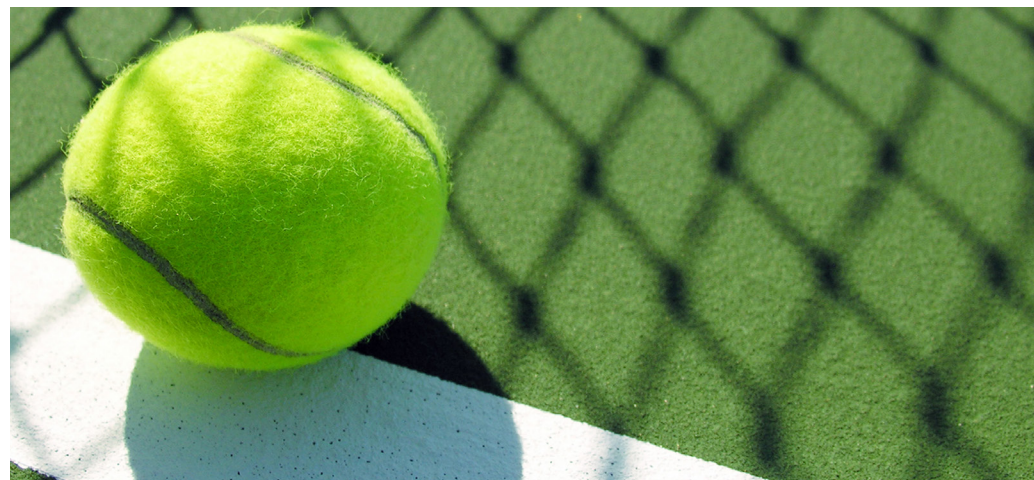
	LEADS	DESCRIPTION	DURATION	COST
Racket Re-Stringing & Re-gripping Service**	Martyn Bailey Head Tennis Coach	Racquet Re-Stringing from - £20.00 Next Day Service available for - £5.00 Replacement Overgrip - £2.00	N/A	£20.00 £5.00 £2.00
Private Conditioning*	Matt McClelland Fitness Professional	Individual conditioning session. For best results, session should be booked after completing Screen and Fitness Test.	60 min	£35.00
Private Pilates*	Lisa Mint Pilates Teacher	Individual Pilates Session that can cover: Core Development, Matwork Pilates, Self-Massage and Prehabilitation exercise	60 mins	£35.00
Private Yoga*	Jenny Andrews-Smith Yoga Teacher	Yoga for sport that can cover flexibility, strength, balance and focus.	60 mins	£40.00
Rehab	Kevin Read Rehab Trainers	Dealing with injured players and helping them step by step to return to training in conjunction with a physiotherapist.	60 mins	£30.00

\*All private lessons are subject to a £5.00 surcharge for more than one person

\*\*Payable Directly to Coach, Specific String can be ordered at customer's cost



**THE WEST BAY**  
COUNTRY CLUB & SPA  
ISLE OF WIGHT



## Tennis Coaching Programme

February Half-Term 2018

(10th February - 18th February 2018)

This programme is subject to availability and may be amended at any time

Just call our team on 01983 766222 to book or email us at [hello@westbaycountryclub.co.uk](mailto:hello@westbaycountryclub.co.uk)  
[westbayclub.co.uk](http://westbayclub.co.uk)

## Tennis Programme

### Monday

TIME	TENNIS SESSION	AGE	NON-MEMBERS	ON-SITE GUESTS	MEMBERS
			SESSION	SESSION	SESSION
09:00 - 09:30	Tots Tennis*	3 - 4	£5.00	£5.00	£4.00
09:30 - 10:30	Under 8's Coaching*	5 - 7	£6.50	£6.50	£5.50
10:30 - 11:30	Under 10's Coaching*	8 - 10	£6.50	£6.50	£5.50
11:30 - 12:30	Over 11's Coaching*	11 - 14	£6.50	£6.50	£5.50
15:00 - 16:00	Adult Drills	Adult	£6.50	£6.50	Inclusive

### Thursday

TIME	TENNIS SESSION	AGE	NON-MEMBERS	ON-SITE GUESTS	MEMBERS
			SESSION	SESSION	SESSION
09:00 - 09:30	Tots Tennis*	3 - 4	£5.00	£5.00	£4.00
09:30 - 10:30	Under 8's Coaching*	5 - 7	£6.50	£6.50	£5.50
10:30 - 11:30	Under 10's Coaching*	8 - 10	£6.50	£6.50	£5.50
11:30 - 12:30	Over 11's Coaching*	11 - 14	£6.50	£6.50	£5.50
15:00 - 16:00	Adult Drills	Adult	£6.50	£6.50	Inclusive

### Friday

TIME	TENNIS SESSION	AGE	NON-MEMBERS	ON-SITE GUESTS	MEMBERS
			SESSION	SESSION	SESSION
9:30-11:30	Social Doubles**	Adult	Inclusive	Inclusive	Inclusive

\* All Junior Tennis Coaching will be delivered on the outside tennis courts. In the event of poor weather, the coaching will be delivered in the indoor Sports Hall.

\*\* Social Doubles is a participant led, fee time to play doubles on court.

## Tennis Programme

### Sunday

TIME	TENNIS SESSION	AGE	NON-MEMBERS	ON-SITE GUESTS	MEMBERS
			SESSION	SESSION	SESSION
09:00 - 10:30	Coffee Morning Tennis	Adult	£6.50	£6.50	Inclusive
11:00 - 12:00	Under 8's Coaching*	5 - 7	£6.50	£6.50	£5.50
12:00 - 13:00	Under 10's Coaching*	8 - 10	£6.50	£6.50	£5.50
13:00 - 14:00	Over 11's Coaching*	11 - 14	£6.50	£6.50	£5.50
14:00 - 14:30	Tots Tennis*	3 - 4	£5.00	£5.00	£4.00

## Private Tennis Coaching

To book a private lesson or to speak to Martyn, please call 07864 958830

	AGE	DURATION	LESSON	4 Lessons
Adult Private Tennis Lesson* (Member)	16+	60min	£35.00	£135.00
Adult Private Tennis Lesson* (On-Site Guest)	16+	60min	£40.00	£155.00
Adult Private Tennis Lesson* (Non-Member)	16+	60min	£40.00	£155.00
Junior Private Tennis Lesson* (Member)	4 - 15	45min	£30.00	£115.00
Junior Private Tennis Lesson* (On-Site Guest)	4 - 15	45min	£35.00	£135.00
Junior Private Tennis Lesson* (Non-Members)	4 - 15	45min	£35.00	£135.00

\*All private lessons are subject to a £5.00 surcharge for more than one person