

Additional Services

	LEADS	DESCRIPTION	DURATION	COST
Racket Re-Stringing & gripping Service**	Re- Martyn Bailey Head Tennis Coach	Racquet Re-Stringing from - £20.00	N/A	£20.00
		Next Day Service available for - £5.00		£5.00
		Replacement Overgrip - £2.00		£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

Pre Summer Programme
(4th June 20th July 2018)

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

Tell: 01983 766222

Just call our team on 01983 766222 to book or email us at Info@westbaycountryclub.co.uk
westbayclub.co.uk

The Club Tennis Programme

Monday

TIME	TENNIS SESSION	AGE	NON-MEMBERS		ON-SITE GUEST		MEMBERS	
			SESSION	COURSE	SESSION	COURSE	SESSION	COURSE
09:30 - 10:30	Cardio Tennis	Adult	£5.50	N/A	Free	N/A	Free	N/A
10:45 - 11:45	Adult Drills	Adult	£6.50	N/A	£6.50	N/A	Free	N/A
12:00 - 13:00	Tennis for Beginners	Adult	£6.50	N/A	£6.50	N/A	Free	N/A

Wednesday

TIME	TENNIS SESSION	AGE	NON-MEMBERS		ON-SITE GUEST		MEMBERS	
			SESSION	COURSE	SESSION	COURSE	SESSION	COURSE
10:00 - 11:00	Coffee Morning Tennis	Adult	£6.50	N/A	£6.50	N/A	Free	N/A

Thursday

TIME	TENNIS SESSION	AGE	NON-MEMBERS		ON-SITE GUEST		MEMBERS	
			SESSION	COURSE	SESSION	COURSE	SESSION	COURSE
16.00 - 16.50	Mini Tennis Red*	5 - 8	£6.50	£35.00	£6.50	£35.00	£5.50	£35.00
17.00 - 17.50	Mini Orange & Green*	8 - 10	£6.50	£35.00	£6.50	£35.00	£5.50	£35.00
18.00 - 18.50	Over 11's Tennis*	11+	£6.50	£35.00	£6.50	£35.00	£5.50	£35.00
19:00 - 20:00	Adult Drills	Adult	£6.50	N/A	£6.50	N/A	Free	N/A

Saturday

TIME	TENNIS SESSION	AGE	NON-MEMBERS		ON-SITE GUEST		MEMBERS	
			SESSION	COURSE	SESSION	COURSE	SESSION	COURSE
09:00 - 10:20	Drills, Skills & Matchplay*	Adult	£6.50	N/A	£6.50	N/A	Free	N/A
10:30 - 11:20	Mini Tennis Red*	5 - 8	£6.50	£35.00	£6.50	£35.00	£5.50	£35.00
12:30 - 13:20	Mini Orange & Green*	8 - 10	£6.50	£35.00	£6.50	£35.00	£5.50	£35.00
13:30 - 14:20	Over 11's Tennis*	11+	£6.50	£35.00	£6.50	£35.00	£5.50	£35.00

The Club Tennis Programme

Sunday

TIME	TENNIS SESSION	AGE	NON-MEMBERS		ON-SITE GUEST		MEMBERS	
			SESSION	COURSE	SESSION	COURSE	SESSION	COURSE
09:00 - 10:30	Coffee Morning Tennis	Adult	£6.50	N/A	£6.50	N/A	Free	N/A
10:30 - 11:00	Red Tots Performance	3-4	£5.50	£25.00	£5.50	£25.00	£5.00	£25.00

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 undertaken by head coach Martyn Bailey MSc. Martyn is a level 4 LTA Senior Performance Coach with over 10 years coaching experience following a semi-professional playing career. Martyn is also a fully qualified Sports Performance Psychologist who has experience working with sports people from many different sports, including Tennis, Rugby, Golf Cycling and Table Tennis.

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