

## 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

## 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 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 Trainer	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

Just call our team on 01983 766222 to book.  
[westbayclub.co.uk/country-club](http://westbayclub.co.uk/country-club)



## Tennis Coaching

Summer Holiday Programme 2018

(22nd July - 2nd September)

This programme is subject to availability and may be amended at any time  
 To book onto tennis coaching please call the Country Club team on 01983 766222

## 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 - 10:20	Under 8's Coaching*	5 - 7	£6.50	£6.50	£5.50
10:30 - 11:20	Under 10's Coaching*	8 - 10	£6.50	£6.50	£5.50
11:30 - 12:20	Over 11's Coaching*	11 - 15	£6.50	£6.50	£5.50
15:00 - 16:00	Adult Drills	Adult (16+)	£6.50	£6.50	Inclusive

### Wednesday

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 - 10:20	Under 8's Coaching*	5 - 7	£6.50	£6.50	£5.50
10:30 - 11:20	Under 10's Coaching*	8 - 10	£6.50	£6.50	£5.50
11:30 - 12:20	Over 11's Coaching*	11 - 15	£6.50	£6.50	£5.50
15:00 - 16:00	Adult Drills	Adult (16+)	£6.50	£6.50	Inclusive

Please check into all tennis sessions at the Country Club Reception

Payment for all non-member and on-site guest bookings is required at the time of booking.

\* 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, free time to play doubles on court.

**We have a 24 hour cancellation policy for all tennis sessions.**

## Tennis Programme

### Thursday

TIME	TENNIS SESSION	AGE	NON-MEMBERS	ON-SITE GUESTS	MEMBERS
			SESSION	SESSION	SESSION
09:00 - 09:20	Tots Tennis*	3 - 4	£5.00	£5.00	£4.00
09:30 - 10:20	Under 8's Coaching*	5 - 7	£6.50	£6.50	£5.50
10:30 - 11:20	Under 10's Coaching*	8 - 10	£6.50	£6.50	£5.50
11:30 - 12:20	Over 11's Coaching*	11 - 15	£6.50	£6.50	£5.50
15:00 - 16:00	Adult Drills	Adult (16+)	£6.50	£6.50	Inclusive

### Friday

TIME	TENNIS SESSION	AGE	NON-MEMBERS	ON-SITE GUESTS	MEMBERS
			SESSION	SESSION	SESSION
12:30-14:30	Social Doubles**	Adult (16+)	Inclusive	Inclusive	Inclusive

### Sunday

TIME	TENNIS SESSION	AGE	NON-MEMBERS	ON-SITE GUESTS	MEMBERS
			SESSION	SESSION	SESSION
09:00 - 10:30	Coffee Morning Tennis	Adult (16+)	£6.50	£6.50	Inclusive
11:00 - 11:50	Under 8's Coaching*	5 - 7	£6.50	£6.50	£5.50
12:00 - 12:50	Under 10's Coaching*	8 - 10	£6.50	£6.50	£5.50
13:00 - 13:50	Over 11's Coaching*	11 - 15	£6.50	£6.50	£5.50
14:00 - 14:30	Tots Tennis*	3 - 4	£5.00	£5.00	£4.00

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