

**APPLICATIONS  
FOR ALL COURSES TO:**

Jon Griffin  
Head Coach,  
South Lakes Tennis Clubs  
81 Sedbergh Road  
Kendal  
LA9 6BE

Telephone 07721 067581

Cheques should be made payable to  
'Jon Griffin Tennis Ltd'

**RACKET  
RE-STRINGING  
SERVICE**



**PERSONAL TRAINING PROGRAMME**

If you wish to discuss a tennis training programme which would be best tailored to your individual needs, please contact Jon Griffin on 07721 067581.

**PRIVATE TENNIS LESSONS**

**JON GRIFFIN - HEAD COACH**

Suitable for National / County players or players with the ability / potential to reach that level, and adults.

**MAX SHAW - DEVELOPMENT COACH**

Suitable for Beginners / Improvers / Lower Level Club Players.

Lessons can be arranged on private, public or club facilities. Priced per hour, plus travel, floodlights and court hire if

**A FULL RANGE OF COACHING  
ACTIVITIES ARE AVAILABLE  
RUN BY JON GRIFFIN,  
LTA LICENSED COACH  
AND HIS TEAM OF COACHES.  
Autumn Term Programme  
Being Delivered By:**



Jon Griffin  
CCA  
Head Coach



Max Shaw  
PTR (UK)

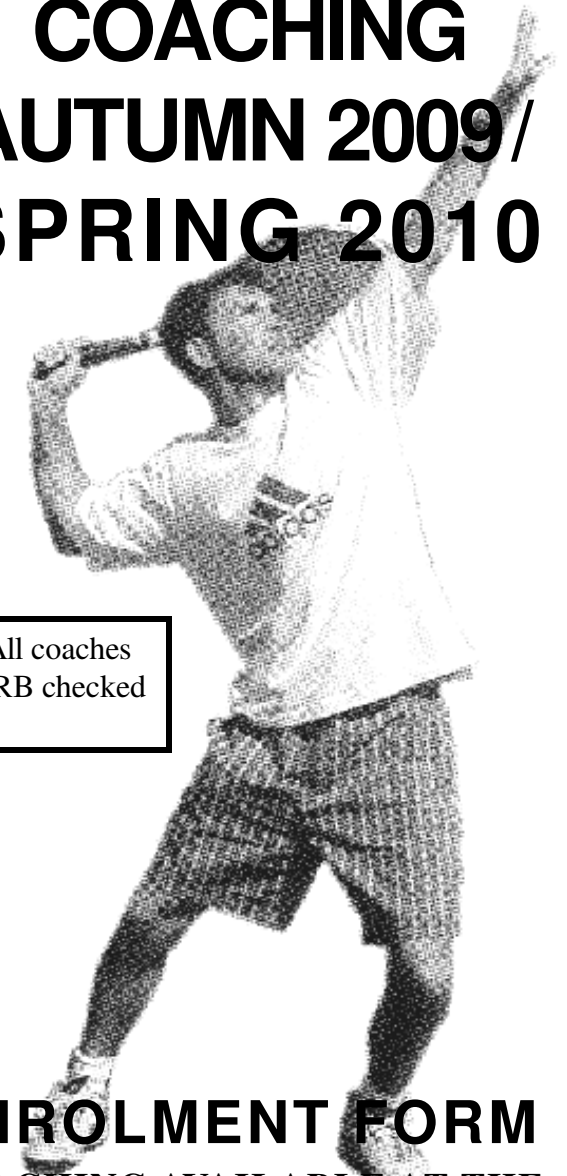
**COACHING ON OFFER:**

**PRIMARY SCHOOL MINI TENNIS  
SECONDARY TENNIS  
ADULT TENNIS  
PRIVATE LESSONS  
JUNIOR HOLIDAY COURSES  
MATCH PLAY OPPORTUNITIES**

For further details of any of the above, or to discuss any other coaching requirements,

**SOUTH LAKES  
TENNIS CLUBS  
COACHING  
AUTUMN 2009/  
SPRING 2010**

All coaches  
CRB checked



**ENROLMENT FORM**

**COACHING AVAILABLE AT THE  
FOLLOWING VENUES:**

**Kendal, Heversham, Kirkby Lonsdale**

# PRIMARY SCHOOL MINI TENNIS

(School Years 1-6)

These sessions are designed to be a fun introduction to tennis and consist of tennis related games and basic technique tuition.

10 x 45 min weekly lessons, Cost £39.50

<u>Venues</u> <u>(Sports Halls)</u>	<u>School Yrs</u>	<u>Day / Time</u>	<u>Starting</u>
Kendal	1+2	Tues 5.30-6.15	22/9
Kendal	3+4	Tues 6.15 - 7.00	22/9
Kendal (Outdoors)	5+6	Tues 4.30-5.15	22/9
Heversham *	1+2	Thurs 4.15-5.00	24/9
Heversham *	3+4	Thurs 5.00-5.45	24/9
Heversham *	5+6	Thurs 5.45-6.30	24/9
Kirkby Lonsdale	1-6	Fridays, TBA	18/9

# SECONDARY TENNIS

## Group Sessions For All Standards

### INDOOR LESSONS

10 x 45 min lessons, Cost £40

<u>Venue</u>	<u>Day/Time</u>	<u>Starting</u>
QES - Kirkby Lonsdale	Fri (After School)	18/9

### OUTDOOR LESSONS

10 x 1 hr lessons, Cost £45

<u>Venue</u>	<u>Day/Time</u>	<u>Starting</u>
Kendal LTC	Mondays, 4.15-5.15	21/9
Heversham LTC	Weds, 4.15-5.15	23/9

# SINGLES MATCHPLAY

## OPEN TO ALL ADULTS / JUNIORS

### L.T.A. BOX LEAGUE EVENT

### OCTOBER 2009- APRIL 2010

Want to play singles with other players of a similar ability in the area?

### HOW THE LEAGUES WORK

Each month you will receive a contact sheet of opponents you will need to play during that month.

It will be specified whether your matches are to be played at home or away. You simply play the matches at an agreed time and phone in the results.

Each month there will be two or three matches to be played.

When you win your monthly league, you will be upgraded the following month and consequently your matches will be more demanding; alternatively, you may be given less demanding matches to play.

# ADULTS

### BEGINNER / INTERMEDIATE

10 x 1 hour Floodlit lessons, Cost £45

These sessions are designed to give your game a good workout, whilst improving technique and tactical play.  
Also suitable for Juniors who play in Senior Teams.

<u>Venue</u>	<u>Day/Time</u>	<u>Start Date</u>
Kendal LTC	Monday Eve	21/9
Heversham LTC	Sunday Eve	20/9

### ADVANCED

10 x 1¼ hour lessons, Cost £75  
5 x Outdoor sessions, followed by 5 x Indoor sessions

These sessions are for players who play in Senior Teams in the local league.

<u>Venue</u>	<u>Day/Time</u>	<u>Start Date</u>
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# APPLICATION FORM

First Name .....

Surname .....

Home Address .....

Post Code .....

Home Phone No. ....

Mobile Phone No. ....

Date of Birth .....

School ..... Year .....

LTA Rating / Membership No. ....

(if applicable) [If you are not a member of the LTA, we can provide application forms]

Any medical conditions we should be aware of? YES / NO

If YES, please give details:

Please indicate which course you wish to take part in:

PRIMARY MINI TENNIS [ ]

SECONDARY TENNIS [ ]

LTA SINGLES LEAGUES [ ]

ADULT TENNIS: Beginner [ ]

Intermediate [ ]

Advanced [ ]

PRIVATE LESSONS [ ] (A coach will contact you to arrange lessons)

Please state Venue & Day Required: