

Autumn Tennis Course Details					
Day	Course	Ages	Times / Start Dates	Cost	Venue
Monday	Adults Pay & Play (all standards) Performance Tennis (by invitation) Adult Beginners/Improvers Tennis Zone Club Night - Mini Tennis fun games & matches Match Practice and Play	Adults 10 to 16 year olds Adults 4-7yrs & 8-10 yrs. 11 Year Olds +	10.00 to 11.00am from Sep. 7 th 5.00 to 7.00pm 7.00 to 8.00pm from Sep. 14 th From 21st Sep.- 4-7yrs: 4-5pm, 8-10yrs: 5-6pm 7.00 to 8.00pm	Adult P&P: £5 per session Performance Tennis: POA Adults: £66 for 11 wks. (non-members - £81) Pay £6/week on the night or £45 for 10 weeks.	Chesham 1879 LT&SC Pednornead End Chesham The Moor Gym & Swim, Chesham
Tuesday	Mini Tennis Red Coaching Squads Mini Tennis Orange ----- “ ----- Mini Tennis Green ----- “ ----- Full Junior Tennis ----- “ ----- Performance Tennis (by invitation)	4 to 8 Year Olds 8 to 9 Year Olds 9 to 10 Year Olds 11 Year Olds + 9 to 16 Year Olds	3.45 to 4.30pm from Sep. 15 th 4.30 to 5.15pm 5.15 to 6.00pm 5.30 to 6.30pm 6.30 to 8.00pm from Sep. 8 th	Mini Tennis: £49 for 11 wks. (non-members - £64) Junior Tennis: £66 for 11 wks. (non-members - £81) Performance tennis: POA	Chesham 1879 LT&SC Pednornead End Chesham
Wednesday	Mini Tennis Red/Orange Fast-track Mini Tennis Green Fast-track Full Junior Tennis Coaching Squads Adult Intermediate (Pay & Play) Performance Tennis (by invitation)	5 to 8 Year Olds 9 to 10 Year Olds 11 Year Olds + Adults 10 to 16 Yr. Olds	4.00 to 5.30pm from Sep. 9 th 5.30 to 7.00pm from Sep. 9 th 7.00 to 8.00pm from Sep. 16 th 8.00 to 9.00pm from Sep. 16 th 5.30 to 7.00pm from Sep. 9 th	Mini Fast-track Mini: POA. Junior Tennis £60 for 10 weeks (non-members £75) Adults: approx £5-7/wk Performance tennis: POA	Chesham 1879 LT&SC Pednornead End, Chesham
Thursday	Mini Tennis Red Coaching Squads Mini Tennis Orange ----- “ ----- Mini Tennis Green ----- “ ----- Full Junior Tennis ----- “ ----- Adult Tennis (all standards)	4 to 8 Year Olds 8 to 9 Year Olds 9 to 10 Year Olds 11 Year Olds + Adults	4.15 to 5.00pm from Sep. 24 th 5.00 to 5.45pm 5.45 to 6.30pm 6.30 to 7.30pm 7.30 to 8.30pm	Mini Tennis: £45 for 10 weeks Junior and Adult Tennis: £60 for 10 weeks	The Moor Gym & Swim, Moor Road, Chesham
Friday	Adults Pay & Play (all standards) Junior Night for members of Chesham 1879. Non-members can try out for two weeks for FREE! Performance Fitness Squads	Adults 4 to 6 Year Olds 6 to 9 Year Olds 9 to 10 Year Olds 10 to 18 Yr. Olds mini tennis squad full tennis squad	9.45-10.45am 4.30 to 5.00pm from Sep. 4 th 5.00 to 6.00pm 6.00 to 7.00pm 7.00 to 8.00pm 4.45 to 5.30pm 5.30 to 6.30pm	Adults: £5 per session Junior membership from Sep. 1 st 09 to Mar. 31 st 10: U9s-£32, u11s-£47, u18s-£77 (all+£10 join fee) Performance fitness: POA	Chesham 1879 LT&SC Pednornead End, Chesham
Saturday	Mini Tennis Red Fast-track Mini Tennis Orange Fast-track Mini Tennis Green Fast-track Mini Tennis Pay & Play	5 to 7 Year Olds 7 to 8 Year Olds 9 to 10 Year Olds 5 to 10 Year Olds	9.00 to 10.30am from Sep 12 th 10.30am to 12.00 noon 10.30am to 12.00 noon 11.00am to 12.30pm	Fast-track Mini Tennis: POA. Pay & Play: members - £3, non-members - £4	Fast-track & Pay&Play: Chesham 1879 LT&SC Pednornead End, Chesham

CHESHAM TENNIS

COURSES – AUTUMN 2009

General Information

All courses are run by Lawn Tennis Association Licensed and Qualified Coaches. The racquets, balls and court size used will be appropriate to the course. Lessons are based on having fun, whilst encouraging players to progress. Fast-track and Performance Programmes are available to better support players wanting to compete and coaches will advise parents/guardians if this would be suitable for their child.

Other Opportunities

If you are unable to make the course dates/times, it may be possible to set up private groups. Individual lessons are available at £20-25 per hour or £10-13 per half hour. Lessons (and the cost) can be shared, if players are of a similar standard. For more information on lessons, Club Membership, competitions or another tennis advice you might need, please contact Simon Dunford on 07776 442880 or email simon@tenniszone.co.uk

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Entry Form

CTC/A/2009

Course name _____ Time _____

Venue _____

Your name(s) _____ DOB _____

Your name(s) _____ DOB _____

Address _____

_____ PostCode _____

Contact tel: _____

Email: _____

Please complete the form and send to Simon Dunford, 4 Langdon Street, Tring HP23 6AZ. Please make cheques payable to 'Simon Dunford'.



CHESHAM TENNIS & SQUASH

Chesham 1879 LT&SC, Pednormead End (Off Missenden Road), Chesham
9 Tennis Courts (6 Floodlit, including 3 American Clay), 2 Squash Courts



Bringing Tennis to the Community at:

The Moor Gym & Swim, Moor Road, Chesham

Chesham Leisure Centre, White Hill, Chesham

(Summer Holiday Courses)

