



**teo's tennis**  
est. 1998

Swanland LTC  
[www.teostennis.com](http://www.teostennis.com)  
Coaching for Juniors to Adults



## After School & Weekend Junior Squads

### 1 session per week

£6.00/1hr  
10 x 1 hour training  
sessions

### 2 sessions per week

1st session - £6.00/week  
2nd session - £3/week  
20 x 1 hour training  
sessions

### 3 sessions per week

1st session - £6.00/week  
2nd session - £3/week  
3rd session - £2/week  
30 x 1 hour training  
sessions

\* +£3 court fees apply to non-members for every 10 weeks

	3 - 12 yrs	10 - 14 yrs	14 - 18 yrs
Mon	16:00-17:00		
Tues	16:00-17:00	17:00-18:00	18:00-19:00
Wed	16:00-17:00	17:00-18:00	18:00-19:00
Thurs	16:00-17:00		
Fri	16:00-17:00	17:00-18:00	18:00-19:00
Sat	10:00-11:00		

Squads run for 10 weeks. The full 10 weeks fees are to be paid by the first week. Please note there is a surcharge of 60p/hr for 4-7 year olds and £1.20/hr for all other age groups if the floodlights are required.  
\*Mon-Fri Squads term time only

**If you are a new player you can try one session free of charge**

We have over 20 years' experience in coaching tennis. All coaches are LTA accredited & licensed and DBS checked. Tennis Leaders are also LTA Tennis Leader qualified. 1 Coach per 5 children maximum (Mini red tennis only)



## School Holiday Programmes

Camps + Tennis training run over Easter, May & Summer holidays

### Morning Holiday Tennis Camp

£14/day | Mon - Fri

8:30 - 12:15 | Ages 4 - 16

*(Tennis training only)*

### Afternoon Holiday Camp

£11/day | Mon - Fri

13:00 - 17:00 | Ages 5 - 16

### Any 5hrs Holiday Camp

£15/day | Mon - Fri

Ages 5 - 16

*(Any 5hrs between 8.30am - 5pm)*

### All-day Holiday Camp

£21/day | Mon - Fri

8:30 - 17:00 | Ages 5 - 16

## Tennis Training

**1 hour** - £6.00/1hr | Mon - Fri | 10:00 - 11:00 | Ages 4 - 16

**2 hour** - £9.00/2hr | Mon - Fri | 10:00 - 12:15 | Ages 4 - 16

8:30 - 9:15 - Arrival

9:15 - 9:45, 10:00 - 11:00 & 11:15 - 12:15 - Tennis Training

12:15 - 13:00 - Lunch

13:00 - 14:45 - Games (dodgeball, football, hockey, rounders, cricket & more)

15:00 - 16:00 - Body ZORBing

16:00 - 17:00 - Pick-up time, rest & fun games under supervision

Please bring your own food, drinks and sun screen. We can provide rackets for mini-tennis players. For older players we have limited number of rackets. Trainers without studs and non-marking soles must be worn.

For more information please visit our website: [www.teostennis.com](http://www.teostennis.com)



## Adult Lessons

### Men's Groups

Tues | 19:00 - 20:30 | £10 pay as you play \*surcharge for floodlights

Sun | 8:30 - 10:00 | £10 pay as you play

### Ladies Groups

Wed & Fri | 9:30 - 11:00 | £9 per session pay monthly or £10 pay as you play

Sat | 13:30 - 15:00 | £10 pay as you play

If you are a new player you can try one session free of charge

\*Court fees apply to non-members

Private Lessons - For Juniors to adults please ask Teo for details

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