

Holiday Activities Summer 2010

Exmouth Tennis & Leisure Centre

kidZmix & sportZmix

Full and Half Day Camps

kidZmix Day Camps

(ages 5 – 7 years)

Action, free play, arts & crafts.
Maximum fun and lots of learning!
Weekly activities include: wii challenge, team games, football skills, mini tennis, big box hockey, crazy golf, painting, collage and much more!

sportZmix Day Camps

(ages 8 – 12 years)

Excitement and learning in a range of sports and activity skills. Weekly activities include: football, mini tennis, badminton, uni-hoc, pitch 'n' putt, wii team challenge, plus the sportZmix World Cup.

Weekly, Full day & Half day options available. Prices from £9 per day.
Call for more information.

sportsZone Junior Tennis

FREE INTRODUCTORY TENNIS TASTER SESSIONS

A perfect opportunity to be introduced to the game.

6 – 10 years	Wednesday	5.00 - 6.00 pm	Free
11 – 17 years	Wednesday	6.00 - 7.00 pm	Free

Commences Wednesday 21st July for six weeks

MINI TENNIS COACHING COURSES

A perfect opportunity to learn and develop the skills needed for the game.

Suitable for players of all standards

2 – 4 years	Wednesday	9.20 - 9.50 am	£2.90	Commences 21 st July
5 – 6 years	Tuesday	4.00 - 5.00 pm	£4.00	Commences 20 th July
7 – 9 years	Tuesday	5.00 - 6.00 pm	£4.00	Commences 20 th July
9 – 11 years	Tuesday	6.00 - 7.00 pm	£4.00	Commences 20 th July

Book in advance for 6 weeks – pay for only 3!

TENNIS MORNING MADNESS!!

Suitable for children aged from 8 – 12 years

Throughout the morning, children will participate in the skills needed for the game, including: physical, technical and tactical skills, plus lots, lots more!

8 – 12 years	Monday	9.00 - 12.00	£9.00	Commences 26 th July
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Book in advance for 5 weeks – pay for only 3!

JUNIOR TENNIS EVENING

Suitable for juniors aged from eleven to seventeen.

Juniors will participate in a range of tactical drills and match play.

11 – 17 years	Thursday	5.00 - 7.00 p.m.	£6.00	Commences 22 nd July
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Book in advance for 6 weeks – pay for 3!

Limited spaces available on all programmes, book NOW to avoid disappointment!

Holiday Activities Summer 2010

Exmouth Tennis & Leisure Centre

sportZone Adult Tennis

FREE TENNIS TASTER SESSIONS FOR NEW PLAYERS

A perfect opportunity to be introduced to the game of tennis.

Adults	Wednesday	7.00 - 8.00 pm	Free
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Commences Wednesday 21st July for six weeks

ADULT TENNIS COACHING COURSES

A perfect opportunity to develop the skills needed for the game of tennis.

The six week programme has been carefully created providing players with technical development within a different theme each week.

Suitable for improvers and advanced players.

Dominating from the baseline	Wednesday 21 st July	8.00 - 9.30	£7.50
Turning defence into attack	Wednesday 28 th July	8.00 - 9.30	£7.50
Moving up the court	Wednesday 4 th August	8.00 - 9.30	£7.50
Winning from the net	Wednesday 11 th August	8.00 - 9.30	£7.50
Serving and returning to take control	Wednesday 18 th August	8.00 - 9.30	£7.50
Doubles Tournament	Wednesday 25 th August	8.00 - 9.30	£7.50

Book in advance for 6 weeks – pay for only 3!

ADULT TENNIS CLASSES

			Member	Non Member
Tennis & Coffee Morning	All standards	Wednesday 10.00 -1.00 (*)	7.00	8.20
		<i>Crèche available (advanced booking recommended)</i>		
Drills & Matchplay	Improvers +	Tuesday 11.00 -1.00	6.00	7.20
Club Evening	Improvers +	Thursday 7.00 - 9.30	7.50	8.70
Seniors Tennis & Coffee Morning	Improvers +	Friday 10.00 -1.00 (*)	7.00	8.20
Morning Matchplay	Intermediate +	Thursday 11.00 -1.00	6.00	7.20

Book in advance or turn up and pay 'n' play on the day

(*) Full or half morning sessions available

FREE OF CHARGE TO TENNIS GOLD MEMBERS

Limited spaces available on all programmes, book NOW to avoid disappointment

July & August

Weekend court deal..... 1/2 price walk on courts!



Exmouth Tennis & Leisure Centre
 Withycombe Village Road
 Exmouth
 01395 223355
www.ledleisure.co.uk