

School Holidays 2009

Watch out for our varied programme of activities held during the school holidays . . .

- **Streetdance**
Dance like the stars. Learn choreographed routines, body pop and hip hop!
- **Cheerleading**
Learn all the moves. For all abilities. Bring a friend and shake those pom-poms!
- **Football**
Think you are the next David Beckham? Improve your technique and learn new skills.
- **Freestyle football**
Wow your friends with tricks and become a freestyle footballer
- **Skipping**
Fun, energetic sport that puts a twist on this favourite past time!
- **Hockey**
Quicksticks! Learn the new small sided game!
- **Cricket & lots more!**

For more information please call Alnwick Sports Development on 01665 605030.

Alnwick District Sports Development

in partnership with
Alnwick Tennis Club

Tennis Coaching in Alnwick & Amble
January to April 2009

Mini Tennis Pre-School

For players aged 3 - 5. Played on smaller courts with shorter rackets and softer balls, focus is on fun, movement patterns, balance and co-ordination.

Mini Tennis Red

For players aged 8 and under. Played on smaller courts with shorter rackets and softer balls, focus is on fun, movement patterns and basic tennis technique. Rackets can be provided, but players should bring a drink and wear suitable clothes/footwear for the activity and weather conditions.

Mini Tennis Orange

Played on almost a full tennis court, with bigger rackets and balls that are not as soft as red balls. It's the next stage to go before you start playing on a full sized court and it will help players develop all the different shots, providing fun competition.

TENNIS COACHING

Activity: Pre-School Tennis
Venue: Willowburn Sports and Leisure Centre, Alnwick
Day: Saturday
Dates: 24th January - 28th March inc
Time: 10.30am - 11.00am
Cost: £15.00
Coach: Grant Watson
Ages: 3 - 5 yrs

Activity: Mini Tennis Red
Venue: Willowburn Sports and Leisure Centre, Alnwick
Day: Saturday
Dates: 24th January - 28th March inc
Time: 11.00am - 12.00pm
Cost: £25.00
Coach: Grant Watson
Ages: 6 - 8 yrs

Activity: Mini Tennis Orange
Venue: Prudhoe Street Tennis Courts, Alnwick
Day: Saturday
Dates: 24th January – 28th March inc
Time: 12.30pm - 1.30pm
Cost: £25.00
Coach: Grant Watson
Ages: 8-10yrs

Activity: Pre-School Tennis
Venue: Coquet High School, Acklington Road, Amble
Day: Saturday
Dates: 14th February - 28th March inc
Time: 2.30pm - 3.00pm
Cost: £10.50
Coach: Grant Watson
Ages: 3 - 5 yrs

Activity: Mini Tennis Red
Venue: Coquet High School, Acklington Road, Amble
Day: Saturday
Dates: 14th February - 28th March inc
Time: 3.00pm - 4.00pm
Cost: £17.50
Coach: Grant Watson
Ages: 6 - 8 yrs

Activity: Mini Tennis Orange
Venue: Coquet High School, Acklington Road, Amble
Day: Saturday
Dates: 14th February – 28th March inc
Time: 4.00pm - 5.00pm
Cost: £17.50
Coach: Grant Watson
Ages: 8 - 10 yrs

Booking Form

Name: _____ Date of birth _____

Address: _____

_____ Postcode: _____

Telephone number: _____

Emergency contact number: _____

Does your child have any medical conditions that the coach needs to be aware of. If YES please give details: _____

Activity: _____ Venue: _____

Date: _____

I give permission for my child/children's photograph to be taken which may be used by North Country Leisure for publicity purposes.

Signed Parent/guardian: _____

Please make cheques payable to Alnwick Tennis Club and return the booking form along with payment addressed to: Tennis Coaching, Alnwick Sports Development, Willowburn Sports and Leisure Centre, Willowburn Avenue, Alnwick, NE66 2JH. Tel: 01665 605030.