

# 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.



Excellent Sports and Leisure for All.  
North Country Leisure is supported by Northumberland County Council and Copeland Borough Council  
North Country Leisure is a registered charity.  
[www.northcountryleisure.org.uk](http://www.northcountryleisure.org.uk)

# Alnwick District Sports Development

in partnership with  
Alnwick Tennis Club

Tennis Coaching in Alnwick & Amble  
April to May 2009

ALNICK DISTRICT  
SPORTS  
DEVELOPMENT

## 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.

## Mini Tennis Green

Green ball is the next step after orange ball tennis. It is played on a full court with bigger rackets and balls that are a little softer than yellow balls. This is the next stage before playing with full compression yellow balls and will help players improve all aspects of their game.

## TENNIS COACHING

**Activity:** Pre-School Tennis  
**Venue:** Willowburn Sports and Leisure Centre, Alnwick  
**Day:** Saturday  
**Dates:** 25th April - 23rd May inc  
**Time:** 10.30am - 11.00am  
**Cost:** £11.25  
**Coach:** Grant Watson  
**Ages:** 3 - 5 yrs

**Activity:** Mini Tennis Red  
**Venue:** Willowburn Sports and Leisure Centre, Alnwick  
**Day:** Saturday  
**Dates:** 25th April - 23rd May inc  
**Time:** 11.00am - 12.00pm  
**Cost:** £16.25  
**Coach:** Grant Watson  
**Ages:** 6 - 8 yrs

**Activity:** Mini Tennis Orange  
**Venue:** Prudhoe Street Tennis Courts, Alnwick  
**Day:** Saturday  
**Dates:** 25th April - 23rd May inc  
**Time:** 12.30pm - 1.30pm  
**Cost:** £16.25  
**Coach:** Grant Watson  
**Ages:** 8 - 10yrs

**Activity:** Mini Tennis Green/Teen Tennis  
**Venue:** Prudhoe Street Tennis Courts, Alnwick  
**Day:** Saturday  
**Dates:** 25th April - 23rd May inc  
**Time:** 1.30pm - 2.30pm  
**Cost:** £16.25  
**Coach:** Grant Watson  
**Ages:** 11+ yrs

**Activity:** Pre-School Tennis  
**Venue:** Coquet High School, Acklington Road, Amble  
**Day:** Saturday  
**Dates:** 25th April - 23rd May inc  
**Time:** 3.15pm - 3.45pm  
**Cost:** £11.25  
**Coach:** Grant Watson  
**Ages:** 3 - 5 yrs

**Activity:** Mini Tennis Red  
**Venue:** Coquet High School, Acklington Road, Amble  
**Day:** Saturday  
**Dates:** 25th April - 23rd May inc  
**Time:** 3.45pm - 4.45pm  
**Cost:** £16.25  
**Coach:** Grant Watson  
**Ages:** 6 - 8 yrs

**Activity:** Mini Tennis Orange  
**Venue:** Coquet High School, Acklington Road, Amble  
**Day:** Saturday  
**Dates:** 25th April - 23rd May inc  
**Time:** 4.45pm - 5.45pm  
**Cost:** £16.25  
**Coach:** Grant Watson  
**Ages:** 8 - 10 yrs

**Contact Grant Watson 07921078198.**

## 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.