

MAY – SEPTEMBER 2018

THE
BOURNEMOUTH GARDENS
COMMUNITY TENNIS CLUB

Adult Group Coaching Programme

Monday

Mens Hitters 7.00 - 8.30pm
Members £8.00 Non Members £12.00

Tuesday

Mixed Morning 10.00am - 12.00pm
Members £8.00 Non Members £12.00

Adult Club Night 7.00 - 9.00pm

1 Hour | Members £4.00
Non Members £8.00
2 Hours | Members £8.00
Non Members £10.00

Wednesday

Adult Improvers 7.30 - 9.30pm
Members £8.00 Non Members £12.00

Thursday

Adult Beginners 7.00 - 8.00pm
4 Week Course
Members £20.00 Non Members £35.00

Friday

Mixed Morning 10.00am - 12.00pm
Members £8.00 Non Members £12.00

Saturday

Adult Club Afternoon 4.30 - 6.30pm
Members £8.00 Non Members £12.00

Sunday

Adult Team Practice 8.30 - 10.00am
Members only £6.00
Adult Improvers 10.00am - 11.30pm
Members £8.00 Non Members £12.00

Bournemouth Gardens Community Tennis Club

Central Gardens
Bournemouth BH2 6EY

Court Bookings

01202 298570

Coaching & ProShop

01202 298318

Mens Hitters

A session for the men's team members and any players over 18 years of age, whose standard has been approved by one of the club's coaching staff. This session includes singles, doubles and coaching tips on how to improve your match play.

Mixed Morning

A fun, social 2 hour session for anyone who is seeking some doubles related drills and match play. Players must be over 18 years of age and be able to serve and rally from the baseline.

Hot drink included.

Adult Club Night/Afternoon

Designed for players who can rally and serve from the baseline and have a general interest in competitive play, with a mixture of singles and doubles.

Adult Beginners/Improvers

These sessions are aimed at those that have not played before or those that have played very little. With drills and point based exercises you will develop your technical and tactical ability, and hopefully you'll meet people to arrange a game with.

Team Practice

A session of singles and doubles tactics, which is ideal if you are looking for a more physical workout. It involves more intensive drills and is for tennis club team members only.

Hot drink included.

All sessions are taken by a member of the club's coaching team who are all LTA qualified and accredited.



www.bournemouthgardenstc.co.uk

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Terms and Conditions

1. Membership includes 1 hour outdoor court hire per day. Additional outdoor hours, indoor court hire and outdoor floodlights must be paid for.
2. When a member plays with a Non Member there is a daily charge of £3 per person.
3. Your login details must not be passed onto other households.
4. No court fees can be refunded.
5. Appropriate tennis wear must be worn at all times (i.e. footwear and tops worn at all times).
6. Please ensure you close the gate on entering and leaving the court.
7. Please be considerate to other tennis club users at all times.
8. No glass drinks containers to be taken on court.
9. No smoking on or nearby the courts.
10. A parent or guardian must accompany children under the age of during play or while they are attending a coaching session.

A full list of our terms and conditions are available in the clubhouse and on our website.

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Tel: 01202 298570



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