

## Falcon Bowling & Tennis Club

### WINTER TENNIS COACHING 2020-21

#### INDOORS at CRAIGLOCKHART TENNIS CENTRE

Last winter's details are given below as an example. **Details & prices for 2020** will be agreed and publicised in the summer. We intend to run the same classes at the same times as last winter.

Falcon Club's Winter Tennis Coaching runs for 21 or 22 weeks over 2 terms, providing an excellent opportunity for steady progression in tennis within a familiar class group and under the expert tuition of our coaches from Vamos Edinburgh

#### Winter 2019-

- Term 1: 4th Oct – 13th Dec 2019 (**not** 18th Oct. half-term) 10 weeks
- Term 2: 10th Jan – 27th March 2020 (**not** 14th Feb. half-term) 11 weeks

**JUNIORS:** Groups are arranged following the LTA Lawn Tennis Association 'ROGY' system = Red, Orange, Green + Yellow balls. This is based on a combination of age *and* tennis ability/ experience, not age alone, and should produce a better introduction and a steadier progression for the children at each stage.

CLASS STARTS	ENDS	LEVEL	APPROX. AGES	LENGTH	PRICE 2019-20
4 pm	4.30	<b>REDS</b>	5 – 7	30 mins	£84
4.30 pm	5.15	RED → <b>ORANGE</b>	7 – 9	45 mins	£124
5.15 pm	6.05	ORANGE → <b>GREEN</b>	8 – 11	50 mins	£128
6.05 pm	7 pm	<b>YELLOW</b> S	12 – 15	55 mins	£132

If a Junior is struggling, or indeed way ahead of their allocated class, the coach will recommend or offer a move down or up if there is space, and your payment will be adjusted. Good behaviour is expected of all coachees at all ages.

#### ADULTS

CLASS STARTS	ENDS	LEVEL	AGE: No upper age-limit	LENGTH
7 pm	8 pm	Mixed/Intermediate	Adult or Senior, 18+	1 hour
Booked by the term in advance. <b>PRICE:</b> equivalent to £9-£10 per week dependent on class size				

#### The Coaching Team – Vamos Edinburgh

Club Head Coach: **Alejandro Carmona** LTA Level 4 Accredited+; ITF Level 3; RPT Europe tutor

Senior Club Coach: **Marcin Tycner** LTA Level 4 Accredited+; Member UKSCA

Club Coach: **Nina Szownadze** LTA Level 3 Accredited+