



Sports Coaching
Programme

January - April 2020

Tennis Coaching Courses

NEW TERM
STARTS
MONDAY
6TH JAN

For Adults & Juniors

Find us in Moulton Park

nayc acuk

King's Park Sports



Welcome to King's Park Sports

At King's Park Sports we have two high quality sports facilities that are open to the public. King's Park Tennis Centre is the county's leading indoor tennis facility, with 4 indoor courts and 4 outdoor floodlit courts. Benham Sports Centre is a large multi-sports facility complete with indoor climbing wall, two full size 5-a-side football pitches and ten badminton courts – with the centre able to provide more than 15 sports choices.



Contact Us

www.kingsparksports.org.uk

Tennis Centre:

01604 797900

tennisoffice@acuk.net

Benham Centre:

01604 494100

benham@acuk.net

Child Safety

As facilities belonging to a nationally recognised youth organisation (the Northamptonshire Association of Youth Clubs – www.nayc.org), we take child protection very seriously. All of our staff are DBS-checked and have received child protection training.

Coaching Standards

Our coaches and instructors are qualified to deliver our courses and we encourage them to continue their own development as well as those they are coaching.

Junior Tennis

Coaching Squads will not run between Monday 17th and Friday 21st February due to school holidays but please note specific dates of individual squads.

Our team of qualified LTA tennis coaches are experienced in providing high quality and fun sessions for all age groups, from 4+. Whether your child is the next Wimbledon champion or just wants to have a go, we have a course for them.

Development Squads:

MINI RED: Ages 4–8yrs

Mini Red level is the first step in mini tennis. It aims to introduce tennis at a young age and begin basic tennis skills such as co-ordination, agility and balance.

Day	Time	Cost	Code	Ages	Dates
Monday	4.15pm-5.00pm	£67.50	MR1	4-6 Years	6,13,20,27 Jan. 3,10,24 Feb. 2,9,16,23,30 March (12 Weeks. No sessions on 17 Feb.)
Saturday	9.15am-10.00am	£73.10	MR2	4-6 Years	11,18,25 Jan. 1,8,15,22,29 Feb. 7,14,21,28 March. 4 April (13 Weeks)
Sunday	9.15am-10.00am	£67.50	MR3	4-6 Years	12,26 Jan. 2,9,16,23 Feb. 1,8,15,22,29 March. 5 April (12 Weeks. No session on 19 Jan.)
Monday	5.00pm-6.00pm	£90.00	MR4	6-8 Years	6,13,20,27 Jan. 3,10,24 Feb. 2,9,16,23,30 March. (12 weeks. No session on 17 Feb.)
Saturday	10.00am-11.00am	£97.50	MR5	6-8 Years	11,18,25 Jan. 1,8,15,22,29 Feb. 7,14,21,28 March. 4 April. (13 weeks)
Sunday	10.00am-11.00am	£90.00	MR6	6-8 Years	12,26 Jan. 2,9,16,23 Feb. 1,8,15,22,29 March. 5 April. (12 weeks. No session on 19 Jan.)



MINI ORANGE: Ages 8–9 yrs

Mini Orange is the second step in mini tennis. This aims to develop tennis skills and introduce larger court sizes, but is still a beginner level.

Day	Time	Cost	Code	Dates
Monday	6.00pm-7.00pm	£90.00	MO1	6,13,20,27 Jan. 3,10,24 Feb. 2,9,16,23,30 March. (12 Weeks. No sessions on 17 Feb.)
Saturday	11.00am-12.00noon	£97.50	MO2	11,18,25 Jan. 1,8,15,22,29 Feb. 7,14,21,28 March. 4 April. (13 Weeks.)
Sunday	11.00am-12.00noon	£90.00	MO3	12,26 Jan. 2,9,16,23 Feb. 1,8,15,22,29 March. 5 April. (12 Weeks. No session on 19 Jan)

MINI GREEN: Ages 9–10 yrs

Mini Green is the last step before progressing to a full tennis game, also developing tennis skills and ensuring players are ready to play full court tennis.

Day	Time	Cost	Code	Dates
Saturday	12.00noon-1.00pm	£82.50	MG1	11,25 Jan. 1,15,22,29 Feb. 7,14,21,28 March. 4 April. (11 weeks. No session on 18 Jan and 8 Feb.)
Wednesday	5.00pm-6.00pm	£90.00	MG2	8,15,22,29 Jan. 5,12,26 Feb. 4,11,18,25 March. 1 April. (12 weeks. No sessions on 19 Feb.)

SILVER SQUAD: Ages 10–14 yrs

The Silver Squad aims to introduce full court tennis and begin match play.

Day	Time	Cost	Code	Dates
Tuesday	5.00pm-6.00pm	£90.00	S1	7,14,21,28 Jan. 4,11,25 Feb. 3,10,17,24,31 March. (12 Weeks. No sessions on 18 Feb.)
Saturday	1.00pm-2.00pm	£82.50	S2	11,25 Jan. 1,15,22,29 Feb. 7,14,21,28 March. 4 April (11 weeks. No session on 18 Jan. or 8 Feb.)

Junior Squad players get FREE PLAY.

Come and play tennis for free on our outdoor courts with another squad player, parent or sibling every **Saturday or Sunday 2–5pm.**

GOLD SQUAD: Ages 12–16 yrs

The Gold Squad aims to develop skills and match play to a good playing ability.

Day	Time	Cost	Code	Dates
Tuesday	7.00pm-8.00pm	£90.00	G1	7,14,21,28 Jan. 4,11,25 Feb. 3,10,17,24,31 March. (12 Weeks. No sessions on 18 Feb.)
Saturday	12.00noon-1.00pm	£82.50	G2	11,25 Jan. 1,15,22,29 Feb. 7,14,21,28 March. 4 April. (11 weeks. No session on 18 Jan or 8 Feb)
Saturday	2.00pm-3.00pm	£82.50	G3	11,25 Jan. 1,15,22,29 Feb. 7,14,21,28 March. 4 April. (11 weeks. No session on 18 Jan or 8 Feb.)

Performance Squads:**MINI RED PERFORMANCE: Ages 4–8yrs**

This squad is designed for players who wish to progress their tennis skills more quickly by attending additional sessions. Centre coaches will invite players to join these squads to compliment their existing coaching squad.

Day	Time	Cost	Code	Dates
Monday	4.30pm-5.30pm	£102.00	MRP1	6,13,20,27 Jan. 3,10,24 Feb. 2,9,16,23,30 March. (12 Weeks. No sessions on 17 Feb)
Thursday	5.30pm-6.30pm	£102.00	MRP2	9,16,23,30 Jan. 6,13,27 Feb. 5,12,19,26 March. 2 April. (12 weeks. No sessions on 20 Feb.)

MINI ORANGE PERFORMANCE: Ages 8–9 yrs

This squad is designed for players who wish to progress their tennis skills more quickly by attending additional sessions. Centre coaches will invite players to join these squads to compliment their existing coaching squad. This session includes fitness too.

Day	Time	Cost	Code	Dates
Wednesday	6.00pm-7.30pm	£153.00	MOP1	8,15,22,29 Jan. 5,12,26 Feb. 4,11,18,25 March. 1 April. (12 weeks. No sessions on 19 Feb.)

MINI GREEN PERFORMANCE: Ages 8-10yrs

This squad is designed for players who wish to progress their tennis skills more quickly by attending additional sessions. Centre coaches will invite players to join these squads to compliment their existing coaching squad. This session includes fitness too.

Day	Time	Cost	Code	Dates
Monday	5.30pm-7.00pm	£153.00	MGP1	6,13,20,27 Jan. 3,10,24 Feb. 2,9,16,23,30 March. (12 Weeks. No sessions on 17 Feb.)

Adult Courses

Coaching Squads will not run between Monday 17th and Friday 21st February due to school holidays but please note specific dates of individual squads.

Whether you're a complete novice or looking to get back into tennis, our LTA qualified coaches are ready to welcome, challenge and help you improve your game. Whether you're looking for something fun to do or want to be a little more serious and have some expert coaching, our courses are for you. **Avoid the inclement weather on our 4 indoor courts.**

ADULT MIXED

For adults of mixed ability.

Day	Time	Cost	Code	Dates
Tuesday	10.00am - 11.30am	£135.00	AM1	7,14,21,28 Jan. 4,11,25 Feb. 3,10,17,24,31 March. (12 Weeks. No sessions on 18 Feb.)
Tuesday	6.00pm-7.00pm	£90.00	AM2	7,14,21,28 Jan. 4,11,25 Feb. 3,10,17,24,31 March. (12 Weeks. No sessions on 18 Feb.)
Tuesday	8.00pm - 9.00pm	£90.00	AM3	7,14,21,28 Jan. 4,11,25 Feb. 3,10,17,24,31 March. (12 Weeks. No sessions on 18 Feb.)
Saturday	10.00am - 11.00am	£97.50	AM4	11,18,25 Jan. 1,8,15,22,29 Feb. 7,14,21,28 March. 4 April. (13 Weeks.)
Saturday	11.00am - 12.00noon	£97.50	AM5	11,18,25 Jan. 1,8,15,22,29 Feb. 7,14,21,28 March. 4 April. (13 Weeks.)

CARDIO TENNIS

A fun, sociable fitness class on a tennis court. Supported by music, you'll get to hit lots of tennis balls whilst having a great cardio workout.

Day	Time	Cost	Dates
Friday	7.30pm-8.30pm	£5.00/week	Weekly

Cardio Tennis

Fridays | 7:30pm - 8:30pm

£5.00 per session

Join us for a spot of sporting fun, challenge and socialising

Over 50's Sports Sessions

TENNIS	Monday 2-4pm Wednesday 10am-12noon Friday 10am-12noon
BADMINTON	Thursday 2.30pm-4.30pm
TABLE TENNIS	Tuesday 3pm-5pm

£4.50pp - no booking required

COACHING

DISCOUNT: if an individual enrolls onto 3 or more squads, a 50% discount will be applied to the cheapest squad. An 'individual' refers to the same person and not family members.

Name	Date of Birth
Address (inc. Post Code)	
Home Tel. No.	
Mobile No.	
Email Address	
School Attending (if applicable)	
Any Additional Info (e.g. medical conditions)	
Squad/Course Choice (please enter squad code)	

Payment

(please tick one)

Cheques payable to 'ACUK Ltd'

Option 1: Payment enclosed for full squad term

Option 2: To request to set up a payment plan please email ben@acuk.net

- If you *do not* give permission for your child to have their photograph taken for publicity purposes please tick this box.
- If you **would like to receive our e-newsletter** please tick this box. This may include special offers, advance notifications of upcoming events and useful information.

For office use only

Payment Method:

Amount Received:

Date Received: