



JUNIOR COURSES at LOWLANDS CLUB

Information Sheet

AUTUMN/WINTER COURSES NOVEMBER 2011 - MARCH 2012

**To: All Junior Players Members and non-Members
Any age or standard**



We hope all our junior players who have attended the courses during the summer have enjoyed themselves and continued to improve their game.

This information sheet contains details of our Autumn/Winter courses, *so don't hibernate, just wrap up warm and keep on playing!!*

We look forward to coaching you all in the coming months.

*Don't forget the two categories of Junior Membership, as follows:

BECOMING A FULL JUNIOR MEMBER OR MINI-MEMBER OF LOWLANDS CLUB

Full Junior membership of Lowlands Club can be applied for by those of Level 3, 4 or 5 standard which is the minimum joining requirement. There is no age restriction.

Mini-Membership enables our youngest players in Levels 1 and 2 to use the mini-court 'Kidzone' when it is free.

If you are interested in the full or mini-membership please see Cliff for an application form.

*Cliff Gray
Simon Gibaut
and
The 'Lowlands'
Coaching Team*

WEATHER WATCH

If you're unsure if the session will take place, you may phone prior to leaving for the Club. Decisions can't always be made until start time, due to the unpredictable British weather over which, even we, have no control!!

This table is a general guide as to what level to select to ensure that each player gets the tennis best suited to them. Although age is a general guideline, the level will also be determined by the standard and experience of the player.

Please ask Cliff or Simon if you are not sure.

AGE		LEVEL	
4		1	
5	Limited experience 1 years experience	1 or 2	
6 and 7		2	
8	Limited Experience 3 years experience	2 or 3	
9		3	
10	Limited Experience 3 years experience	3 or 4	
11 and 12		4	
13	Limited Experience 3 years experience	4 or 5	
14,15 and 16		5	



CHRISTMAS

**Fun Sessions and
American Tournaments
Wednesday 21st December
ALL LEVELS**

Details on enclosed slip

PAY 'N' PLAY AT NORTHWOOD

We are running 'pay 'n play' sessions for levels 1, 2, 3, 4 and 5 on Saturday mornings.

If you live more locally to Northwood or would like to play some extra tennis see details of the sessions on the next page

or phone:

Simon 07764 501117 or Cliff 07889 181549

If you do not wish to receive our information sheets please let Cliff know. If we do not hear from you for 18 months, we assume we can safely delete your name from the mailing list.

Adult Coaching - Members and non-Members

We have a full programme for adults at Lowlands: Individual, Shared lessons and Group coaching for all standards from beginners to advanced improvers and league standard. If you've never picked up a racquet, if you just haven't played for a few years and would like to restart, if you play league tennis, there is a group for you - we cater for all. *Please see or phone Cliff for more details or take an Adult Coaching leaflet from the noticeboard.*

CLIFF: 07889 181549

Please see over for details of all Junior Courses - November 2011 - March 2012