

# Slough Tennis

With...

# GDT

Coaching Programme

**April – May 2010**

**6 Week Courses**

*Starting: 19<sup>th</sup> April*

*Finishing: 30<sup>th</sup> May*

## About GDT

- LTA Qualified and Licensed coaches (CRB and first aid)
- GDT run coaching programmes at 8 different clubs around Berkshire.
- Over 1200 people currently take part in GDT coaching programmes.
- 15 years coaching experience.

## Free Trial Visit

**Come along for the first week and pay absolutely nothing!**

**This is an opportunity to come and meet our coaches and experience GDT coaching.**

**Please take a look at our provisional 6 week programmes and don't forget to take advantage of our:**

**NEW online booking system  
No more filling in paper forms!  
Get immediate confirmation!**

**Register yourself & family with GDT online booking at  
[www.gdtonline.co.uk](http://www.gdtonline.co.uk)**

# GDT

**[gdtennis.co.uk](http://gdtennis.co.uk)  
0118 375 8324**

# Mini Tennis Coaching Programme

*Provisional*

Below is the provisional mini tennis coaching programme for 19<sup>th</sup> April – 30<sup>th</sup> May.  
6 week coaching programme with one week free of charge for:  
**4 – 11 years of age**

## Mini Tennis Red 8&U

Monday	Red Beginners	4-5yrs	4:00pm – 5:00pm	1 hr	£25	Salt Hill Park
Monday	Red Advanced	6-7yrs	5:00pm – 6:00pm	1 hr	£25	Salt Hill Park
Tuesday	Red Improvers	6-7yrs	4:00pm – 5:00pm	1hr	£25	Salt Hill Park
Wednesday	Red Improvers	6-7yrs	4:00pm – 5:00pm	1hr	£25	Salt Hill Park
Wednesday	Red Advanced	6-7yrs	5:00pm – 6:00pm	1 hr	£25	Salt Hill Park
Saturday	Mini Red	4-7yrs	9:00am – 10:00am	1 hr	£25	Salt Hill Park

## Mini Tennis Orange 9&U's

Monday	Orange Beginners	8-9yrs	6:00pm – 7:00pm	1 hr	£25	Salt Hill Park
Tuesday	Orange Advanced	8-9yrs	5:00pm – 6:00pm	1 hr	£25	Salt Hill Park
Friday	Orange Improvers	8-9yrs	4:00pm -5:00pm	1 hr	£25	Salt Hill Park
Sunday	Orange Beginners	8-9yrs	10:00am – 11:00am	1 hr	£25	Salt Hill Park

## Mini Tennis Green 11&U's

Wednesday	Green Advanced	10 -11yrs	6:00pm – 7:00pm	1 hr	£25	Salt Hill Park
Friday	Green Improvers	10-11yrs	5:00pm – 6:00pm	1 hr	£25	Salt Hill Park
Saturday	Mini Tennis Green	10-11yrs	11:00am -12:00am	1 hr	£25	Salt Hill Park

**BOOK online at [www.gdtonline.co.uk](http://www.gdtonline.co.uk)**  
**Phone the office on 01183758324 OR see over for booking form**

*Provisional*

# Junior and Adult Coaching Programme

Below is the provisional junior and adult coaching programme for 19<sup>th</sup> April – 30<sup>th</sup> May.  
6 week coaching programme with one week free of charge for:  
**12 – 17 years of age and adults**

## Junior Intermediates 12- 15 years

Thursday	Intermediates	12 -15yrs	5:00pm – 6:00pm	1 hr	£25	Salt Hill Park
Saturday	Intermediates	12-15yrs	10:00pm – 11:00pm	1 hr	£25	Salt Hill Park

## Junior Advanced 12-15 years

Tuesday	Advanced	12 -15yrs	6:00pm – 7:00pm	1 hr	£25	Salt Hill Park
Saturday	Advanced	12-15yrs	12:00pm – 1:00pm	1 hr	£25	Salt Hill Park

## Top Squad 16 - 17 years

Thursday	Top Squad	16 -17yrs	6:00pm – 7:00pm	1 hr	£25	Salt Hill Park
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## Adult Beginners/Improvers

Monday	Beginners	Adults	7:00pm – 8:00pm	1 hr	£25	Salt Hill Park
Sunday	Beginners	Adults	11:00am -12:00am	1 hr	£25	Salt Hill Park

## Adult Advanced

Thursday	Advanced	Adults	7:00pm – 8:00pm	1 hr	£25	Salt Hill Park
Sunday	Advanced	Adults	12:00pm – 1:00pm	1 hr	£25	Salt Hill Park

**BOOK online at [www.gdtonline.co.uk](http://www.gdtonline.co.uk)  
Phone the office on 01183758324 OR see over for booking form**

# Booking Form

Slough Tennis

19<sup>th</sup> April – 30<sup>th</sup> May

6 week course

Complete and send to: GDT, PO Box 3484, Wokingham, Berkshire, RG40 9BA

Cheques payable to: GDT

Course:

Day and time:

Full Name:

Age:

DOB:

Address:

Phone:

Mobile:

School:

Email:

Parents Name/s:

Does the player have any **medical conditions**, take any form of permanent or temporary **medication** or have any other considerations (physical or behavioural) that the coaches should be aware of. Please list any **allergies** (e.g. bee stings, nuts etc), **asthma, epilepsy, diabetes** or any other?

Do you give permission for your child to **walk / cycle home on their own** after their coaching session?

Yes / No

Signed

**Photography and video consent:** GDT may use video analysis to assist with coaching. Video will be deleted once it has been reviewed by the coach / player / parents unless you agree separately to it being stored for future use. GDT may take digital images to be used for GDT marketing purposes / website. To be excluded from these please tick here.