



THE HAMPSHIRE COURT HOTEL

Adult Coaching Programme

13th September – 19th December

In order to take part in our coaching programme you must be a member of the Hampshire Court Hotel. For more information about membership please contact the hotel directly on 01256 330360.

Ladies Coffee Morning

Tuesday	Ladies Coffee Morning	Adults	9:30 – 11:00am	1.5 hrs	Joel James	See club for
Thursday	Ladies Coffee Morning	Adults	9:30 – 11:00am	1.5 hrs	Joel James	further details

Adult Coaching

							13 Weeks
Monday	Adult Improvers	Adults	10:30 – 11:30am	1 hr	Joel James	£84.50	
Tuesday	Adult Beginners	Adults	7:15 – 8:15pm	1 hr	Joel James	£84.50	
Monday	Adult Advanced	Adults	11.30– 12.30pm	1 hr	Joel James	£84.50	

Match Practice

Monday	Ladies Match Practice	Adults	7:00 – 8:30pm	1.5 hrs	Unsupervised	See club
Monday	Men's Match Practice	Adults	8:30 – 10:00pm	1.5 hrs	Unsupervised	for further
Friday	Social Mixed Match Practice	Adults	8:30 – 10:00pm	1.5 hrs	Unsupervised	details

Corporate

Wednesday	Corporate Club Night	Adults	7:30 – 9:30pm	2 hrs	Joel James	Corporate Membership only
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For more information please do not hesitate to contact Joel James on 07825 152407 or joel.james@gdtennis.co.uk

BOOK ONLINE

**www.gdtonline.co.uk
or call 0118 375 8324**

13 week courses

Sept - Dec 2010

Starting: Monday 13th September

Ending: Sunday 19th December

Excluding: October Half Term Week (Mon 25th October – Sun 31st October)

	Wk1	Wk2	Wk3	Wk4	Wk5	Wk6		Wk7	Wk8	W9	W10	W11	W12	Wk13
Mon	13 th	20 th	27 th	4 th	11 th	18 th	25 th	1 st	8 th	15 th	22 nd	29 th	6 th	13 th
Tues	14 th	21 st	28 th	5 th	12 th	19 th	25 th	2 nd	9 th	16 th	23 rd	30 th	7 th	14 th
Wed	15 th	22 nd	29 th	6 th	13 th	20 th	27 th	3 rd	10 th	17 th	24 th	1 st	8 th	15 th
Thurs	16 th	23 rd	30 th	7 th	14 th	21 st	28 th	4 th	11 th	18 th	25 th	2 nd	9 th	16 th
Fri	17 th	24 th	1 st	8 th	15 th	22 nd	29 th	5 th	12 th	19 th	26 th	3 rd	10 th	17 th
Sat	18 th	25 th	2 nd	9 th	16 th	23 rd	30 th	6 th	13 th	20 th	27 th	4 th	11 th	18 th
Sun	19 th	26 th	3 rd	10 th	17 th	24 th	31 st	7 th	14 th	21 st	28 th	5 th	12 th	19 th

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Booking & Registration Form

DON'T FORGET: It is much quicker to sign-up ONLINE by visiting www.gdtonline.co.uk

Complete and send to: **GDT, PO Box 3484, Wokingham, Berkshire, RG40 9BA**
 Cheques payable to: **GDT Hampshire**

GDT Hampshire
 13 weeks Sept - Dec 2010

Course:

Full Name:

Address:

Email:

Day and time:

DOB: **BTM No. (if any)**

Phone:

Mobile:

School:

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

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 tick here.