



REFLECTIONS LEISURE CLUB

The Hampshire Court Hotel Tennis Coaching Programme

Saturday 5th September – Friday 19th December 2009

Half Term : 26th October – 1st November

MINI AND JUNIOR TENNIS TIMETABLE

DAY	SQUAD	COACH	TIME	COST (14 weeks)	
				Members	Non-mem.
Mon	Red	Richard	5–6 pm	£91	£105
Mon	Intermediate	Richard	6–7 pm	£91	£105
Tues	Red	Richard	4–5 pm	£91	£105
Tues	Orange	Richard	5–6 pm	£91	£105
Tues	Green	Richard	6–7 pm	£91	£105
Weds	Orange	Richard	4.30–5.30 pm	£91	£105
Weds	Performance	Richard	5.30–7 pm	£136	£150.50
Fri	Red	Richard	4–5 pm	£91	£105
Fri	Elite	Richard	5–6.30 pm	Call Richard for details	
Sat	Red 1 (age 3–5)	Richard	9–9.45 am	£69	£79
Sat	Red 2 (age 5–7)	Richard	10–11 am	£91	£105
Sat	Orange/Green	Richard	11–12 am	£91	£105

ADULT TENNIS TIMETABLE

DAY	COURSE	COACH	TIME	COST (14 weeks)	
				Members	Non-mem.
Mon	Improvers	Richard	10.30–11.30 am	£91	£105
Tues	Adult Beginners	Richard	7–8 pm	£91	£105

GROUP OR INDIVIDUAL LESSONS

can be arranged to suit. Contact GDT, please speak to Richard Sharp 07590 466126 or leave a message at reception with your requirements.

PAY AND PLAY SESSIONS

DAY	SESSION	COACH	TIME	COST (Per session)	
				Members	Non-mem.
Wed	Drills & Matchplay (All levels)	Richard	7–8.30 pm	£9	£12

REFLECTIONS MEMBERS' SESSIONS

GDT will have a coach in attendance at the following sessions:

Tuesday 9.30–11.00 am
LADIES COFFEE MORNING

Thursday 9.30–11.00 am
LADIES COFFEE MORNING

In additions, Reflections is pleased to offer the following unsupervised sessions:

Monday 7.00–8.30 pm
LADIES MATCHPLAY

Monday 8.30–10.00 pm
MEN'S MATCHPLAY

Friday 8.30–10.00 pm
SOCIAL MIXED
MATCHPLAY

HOW DO I BOOK?

ONLINE: You can book and pay efficiently, conveniently and securely online for all groups, courses and lessons.

IN PERSON: Bring your completed form and payment by cheque in to the Reflections Leisure Desk.

To help you spread the cost GDT can accept 2 cheques, one when booking for half the course fees and one for the remainder post dated to 2/11/09

TELEPHONE: Call GDT on 0118 375 8324 or

EMAIL: info@gdtennis.co.uk prior to sending your payment.

Bookings will be acknowledged by email.

BOOK ONLINE www.gdtennis.co.uk

0118 375 8324

info@gdtennis.co.uk

I would like to book the following sessions:

BOOK ONLINE www.gdtennis.co.uk

Juniors

Parent's Name/s		
Address		
Tel (home)		
Tel (cell)		
Email		
Squad/s		
Day/s		
Cost		
Child's Name		
Date of Birth		
School		

PARENT AUTHORISATION

Do you authorise your child to walk/cycle home after their coaching session Yes No

PHOTOGRAPHY AND VIDEO CONSENT (to be completed for all bookings)

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 reference.

To be excluded from this please tick here

GDT may take digital images to be used for GDT marketing purposes / website.

To be excluded from this please tick here

DECLARATION (to be completed for all bookings)

Do you/the player have any medical conditions, take any form of permanent or temporary medication or have any other considerations (physical or behavioural) that the coach/coaches should be aware of?

No Yes If yes please give details below.

Please also detail any allergies (e.g. bee stings, nuts, etc), asthma, epilepsy, diabetes or any other.

Adults

Name		
Address		
Tel (home)		
Tel (cell)		
Email		
Session/s		
Day/s		
Cost		

I enclose a cheque for	£	
Signed		
Date		

Please make cheques payable to 'GDT'.

Send your completed form with your payment to: GDT, PO Box 3484, Wokingham, Berkshire RG40 9BA

Alternatively, hand in your form at the Reflections reception or give to your coach