

Summer camp dates:

- Week 1** Monday 19th — Friday 23rd July
Week 2 Monday 26th — Friday 30th July
Week 3 Monday 2nd — Friday 6th August
Week 4 Monday 9th — Friday 13th August
Week 5 Monday 16th — Friday 20th August
Week 6 Monday 23rd — Friday 27th August

COST

The costs for the week are as follows. Members costs apply to children who are members of CIYMS TENNIS CLUB.

	MEMBERS	NON-MEMBERS
Half Day	£50	£65
Full Day	£100	£115

SQUAD COACHING

An eleven week term from Easter to Summer of coaching squads will run from Sunday 11th April to Saturday 26th June.

The cost for 11 weeks for one hour per week is £66 for members and £81 for non-members

Coaching squads are for 3-18 year olds, for a timetable of classes please look up www.citennisacademy.co.uk and select the timetable in the coaching section.

To book a place on a squad please contact Stephen Garvin on 07734252334 or E-mail stephen@citennisacademy.co.uk.

Registration form for Easter and Summer Camps

Name:

Address:

D.O.B:

Phone:

Mobile:

E-mail:

Medical Conditions:

Camps Attending (please tick)

Easter Camp 1 Summer Camp 3

Easter Camp 2 Summer Camp 4

Summer Camp 1 Summer Camp 5

Summer Camp 2 Summer Camp 6

Half or Full day

Please complete form and return with payment (cheques payable to Stephen Garvin) to Stephen Garvin, CIYMS, 91 Circular Road, Belfast, BT4 2GD as soon as possible to avoid disappointment as spaces



TENNIS COACHING 2010



EASTER CAMPS

Week 1: Mon 29th March — Thurs 1st April

Week 2: Tues 6th April — Fri 9th April

SQUAD COACHING

11 consecutive weeks from

11th April — 26th June

SUMMER CAMPS

6 consecutive weeks Monday to Friday

from 19th July — 27th August

**BOOK NOW TO RESERVE YOUR
PLACE**

For more information visit the website or call Stephen Garvin on 07734252334 or e-mail stephen@citennisacademy.co.uk

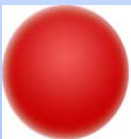
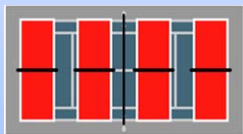
CITENNIS ACADEMY PROGRAM

The ever popular CI Tennis Academy coaching program now enter its 6th year. The program is led by Stephen Garvin and assisted by Sumeet Kapur and Stephen Watters who have over 40 years coaching experience between them.

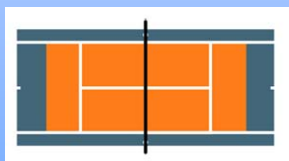
All ages, abilities and non-members are welcome.

Citenniscademy follows the Play and Stay model, for more information see www.tennisplayandstay.com. Under this model we encourage children to enjoy playing the game as soon as possible on the correct size of court for their level with an appropriate ball and racket:

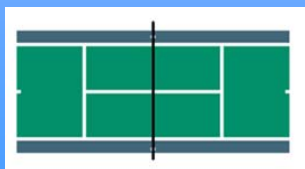
Red Tennis (4-7 year olds)



Orange Tennis (8 to 9 year olds)



Green Tennis (10-11 year olds) and Full Tennis 12+



EASTER CAMPS



There will be two half-day camps over the Easter holidays at CIYMS.

The camps will include fun co-ordination, technical and tactical coaching as well as fun games, competitions and prizes. There will be a short break each day so a small snack and/or drink should be brought.

All ages, abilities and non-members are welcome. Indoor facilities will be provided in the case of inclement weather.

Dates:

Camp 1: Monday 29th March-Thursday 1st April

Camp 2: Tuesday 6th-Friday 9th April

Times:

5-9 years old: 10-am-12.30pm (red and orange tennis)

10-16 years old: 1.30-4.00pm (green and full tennis)

Cost

The costs for the week are as follows. Members costs apply to children who are members of CIYMS TENNIS CLUB.

MEMBERS

£40

NON-MEMBERS

£55

Please complete relevant sections on the back page of this form and return with payment as soon as possible as spaces are limited.

SUMMER CAMPS



There are in total 6 summer camps at CIYMS this year with both full day and half day places available.

The camps will include fun co-ordination, technical and tactical coaching as well as fun games, competitions and prizes.

Timetable of a typical full day camp:

10-11	Warm up and physical training / fun co-ordination
11-11.15	Break
11.15-12.30	Tennis Technical session
12.30-1.30	Lunch
1.30 -2.30	Tennis Tactical session
2.30-2.45	Break
2.45-4	Fun games / competitive play

For the half day camps this timetable will be condensed into smaller sessions with one break in the middle.

Participants are advised to bring lunch for the full day camps and a snack for the half day camps. Water in a sealed container will be necessary as well as a raincoat and suncream.