

Bolton Arena
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Tennis Enquiries:
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Tennis Courses on offer

Tots Tennis

To provide your child with basic coordination, movement and balance skills needed to progress into Mini Tennis Red.

Mini Tennis Red 3

For children aged 5-8 years, who wish to start learning tennis. Sessions will cover basic co-ordination and movement, racket and balls skills, basic strokes and various fun games. The emphasis is very much on skill and fun learning.

Mini Tennis Red 2

For children aged 5 and over who have progressed through the first level. This course will develop the basic skill needed to play the game and will address basic technique and tactics and getting rally, serve and scoring. Players in Red 2 should be starting to compete in Red competitions.

Mini Tennis Red 1

Here children must be able to play the game, understand the rules and have good major shapes on all major strokes. Players in Red 1 should be competing in LTA Level Events.

To move into a Red or Orange level 2 you must have completed Level 3 or be recommended by a coach.

Mini Tennis Orange 3

For children aged 8 years and over who are new to the game and wish to start learning tennis. Sessions will cover basic co-ordination and movement, racket and back skills, basic strokes, tactics and getting players to rally, serve and score. The emphasis is very much on fun.

Mini Tennis Orange 2

This stage will further develop skills needed to play the game, addressing basic technique and tactics. Children will be able to rally with the coach and other players, serve the ball and score a match.

Mini Tennis Green 3

For Players aged 10 and over who are new to the game and wish to start learning tennis. The coach will teach all the basic strokes, as well as tactics and scoring. Sessions will cover basic skills such as co-ordination, movement, racket and ball skills.

Junior Tennis Beginner (10 - 13yrs) will use green balls when necessary

For Players starting the full game or moving out of mini tennis (will use green balls when necessary). Experienced transition tennis players may move to junior progressor tennis.

Junior Tennis Improver (9 - 14yrs)

For Players aged 10 and over who are new to the game and wish to start learning tennis.

Sessions will cover basic skills such as co-ordination, movement, racket and ball skills.



Valid from: Monday 11th June
Until: Sunday 22nd July 2012
6 weeks Tennis Programme

