

NEW

ADULT TENNIS COURSES

WEEKLY COACHING

TENNIS XPRESS

For adults who are new to tennis or for those who may not have played for some time. The course will give provide a fun introduction to the sport and will get players serving, rallying and scoring from the first session. Players will play with slower green balls to ensure that they are able to learn the basic tactics and techniques in an active way.

Day	Time	Wks	Start Date	Standard Price	arenaactive CARD
Monday*	8-9pm	10	08/01/18	£80.00	£68.00
Wednesday**	8-9pm	11	03/01/18	£88.00	£74.50

* 15th Jan - No Lesson ** 17th Jan - No Lesson

COACH & PLAY

Coach & Play courses will help players improve their doubles and singles play. Each session will be fun and competitive with the coach setting up various drills to help with tactics and techniques in both singles and doubles.

Day	Time	Wks	Start Date	Standard Price	arenaactive CARD
Monday*	8-9pm	10	08/01/18	£80.00	£68.00

* 15th Jan - No Lesson

FOR MORE INFORMATION PLEASE VISIT
WWW.BOLTONARENA.COM/TENNIS



DROP IN SESSIONS

SOCIAL TENNIS

Our social tennis sessions are a great way for players to get back on the court, meet new people and enjoy a game of tennis in a fun and relaxed atmosphere. All organised social play is in doubles format – both mixed and same sex. Our goal is to organise sets with the emphasis on balancing the doubles teams to ensure players are treated to good quality tennis with a range of players.

Day	Time	Member Price	Non-member Price	arenaactive CARD
Monday	11-1pm	Free	£8.75	£7.50

CLUB COMPETITION

Our social match play sessions will give players the opportunity to compete against players of similar level. A coach will organise players into doubles and singles matches using different formats each week.

Day	Time	Member Price	Non-member Price	arenaactive CARD
Tuesday	8-10pm	Free	£9.75	£8.50

DRILL & POINT

2 hours of match play and coaching drills. Players will be organised into doubles and singles matches. In addition a coach will be on hand to put player's through their paces with some fun fast paced basket drills.

Day	Time	Member Price	Non-member Price	arenaactive CARD
Thursday	8-10pm	Free	£9.75	£8.50

INDIVIDUAL COACHING

If you would like to have one to one coaching from an LTA licenced coach please contact the Tennis Manager on 01204 488110 or stuartkay@boltonarena.com

arenaactive CARD costs £3.00 per year also gives you discount off tennis and badminton courts. [See reception for further details](#)

FOR MORE INFORMATION PLEASE VISIT
WWW.BOLTONARENA.COM/TENNIS



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 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 3

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

Mini Tennis Orange

For children aged 8 years and over who are new to the game and wish to start learning tennis. Sessions will cover basic coordination 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 Green

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 coordination, movement, racquet and ball skills.

Junior Tennis (10 - 16yrs)

Our Junior Tennis groups cater for children of all abilities aged between 10 -16 years. Players are divided into groups based on age and level. Each session focuses on various technical and tactical areas designed to help juniors develop the full court game. Smaller squad coaching is also available for those that wish to start competing and playing on a more regular basis.

Junior Tennis Squads (10 - 16yrs)

For players who have been selected from the programme and taking the game more seriously.

General Enquiries

01204 488100

info@boltonarena.com

Tennis Enquiries

01204 488110

tennis@boltonarena.com

USN Bolton Arena

Arena Approach

Horwich,

Bolton,

BL6 6LB



Junior Tennis Courses



From: Wednesday 3rd January 2018

Until: Sunday 1st April 2018



Junior Tennis Development Programme

Commencing: Wednesday 3rd January 2018
Until: Sunday 1st April 2018

Please note everyone who joins the programme will receive the LTA's Membership free of charge.

For more information please go to www.lta.org.uk/members/join

If you do not wish to join, please tick

Tots Tennis (3-5 yrs)

Day	Level	Time	Wks	Start Date	Standard Price	No Lesson
Fri	Tots	4.15 - 5pm	10	5/1/2018	£56.50	12 th Jan & 9 th Mar
Sat	Tots	9.15-10am	11	6/1/2018	£62.15	10 th Mar
Sun	Tots	9.15-10am	10	7/1/2018	£56.50	11 th Mar

Mini Tennis 'Red' (5-8 yrs)

Day	Level	Time	Wks	Start Date	Standard Price	No Lesson
Mon	Red 1	4-5pm	10	8/1/2018	£63.50	15 th Jan
Mon	Red 3	5-6pm	10	8/1/2018	£59.50	15 th Jan
Mon	Red 2	5-6pm	10	8/1/2018	£59.50	15 th Jan
Wed	Red 3	5-6pm	11	3/1/2018	£65.45	17 th Jan
Wed	Red 2	5-6pm	11	3/1/2018	£65.45	17 th Jan
Fri	Red 1	4-5pm	10	5/1/2018	£63.50	12 th Jan & 9 th Mar
Fri	Red 3	5-6pm	10	5/1/2018	£59.50	12 th Jan & 9 th Mar
Fri	Red 2	5-6pm	10	5/1/2018	£59.50	12 th Jan & 9 th Mar
Sat	Red 3	9-10am	11	6/1/2018	£65.45	10 th Mar
Sat	Red 3	10-11am	11	6/1/2018	£65.45	10 th Mar
Sat	Red 2	9-10am	11	6/1/2018	£65.45	10 th Mar
Sun	Red 3	9-10am	10	7/1/2018	£59.50	14 th Jan & 11 th Mar
Sun	Red 3	10-11am	10	7/1/2018	£59.50	14 th Jan & 11 th Mar
Sun	Red 2	10-11am	10	7/1/2018	£59.50	14 th Jan & 11 th Mar

Mini Tennis 'Orange' (8-9 yrs)

Day	Level	Time	Wks	Start Date	Standard Price	No Lesson
Mon	Orange	6-7pm	10	8/1/2018	£62.00	15 th Jan
Wed	Orange	6-7pm	11	3/1/2018	£68.20	17 th Jan
Fri	Orange	6-7pm	10	5/1/2018	£62.00	12 th Jan & 9 th Mar
Sat	Orange	10-11am	11	6/1/2018	£68.20	10 th Mar
Sat	Orange	11-12pm	11	6/1/2018	£68.20	10 th Mar
Sun	Orange	11-12pm	10	7/1/2018	£62.00	14 th Jan & 11 th Mar

Mini Tennis 'Green' (9-11yrs)

Day	Level	Time	Wks	Start Date	Standard Price	No Lesson
Mon	Green	6-7pm	10	8/1/2018	£62.00	15 th Jan
Wed	Green	7-8pm	11	3/1/2018	£68.20	17 th Jan
Fri	Green	6-7pm	10	5/1/2018	£62.00	12 th Jan & 9 th Mar
Sat	Green	10-11am	10	6/1/2018	£62.00	24 th Feb & 10 th Mar
Sun	Green	11-12pm	10	7/1/2018	£62.00	10 th Feb & 11 th Mar

Junior Tennis (10-16yrs)

Day	Time	Wks	Start Date	Standard Price	No Lesson
Mon	7-8pm	10	8/1/2018	£62.00	15 th Jan
Wed	7-8pm	11	3/1/2018	£68.20	17 th Jan
Sat	11-12pm	11	6/1/2018	£68.20	10 th Mar
Sun	12-1pm	9	7/1/2018	£55.80	14 th Jan, 11 th Feb and 11 th Mar

Junior Tennis Squads (10-16yrs)

Must be assessed for the group

Day	Level	Time	Wks	Start Date	Standard Price	No Lesson
Tue	Squad Orange	5-6:30pm	10	9/1/2018	£107.50	16 th Jan
Tue	Squad Green	6:30-8pm	10	9/1/2018	£107.50	16 th Jan
Thu	Full Squad	5-6:30pm	12	4/1/2018	£129.00	None
Thu	Full Squad	6:30-8pm	12	4/1/2018	£129.00	None







Please note, there will be no tennis course sessions between 19th - 25th February 2018

Tennis Booking Form

Name of course:			
Start date:		Time:	

Name of child:			
Address:			
Postcode:		Age:	
Parent/Guardian:			
Email:			
Tel number:			
Mobile number:			

Payment by cheque: Please make cheques payable to: BMLT
Amount enclosed: £

Payment by Credit/Debit card: We accept the following (Please tick)	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 
I authorise USN Bolton Arena to charge my card with the amount of: £						

Card Number:															
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Start Date:				Expiry Date:				Security Code:				Issue:			
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Signature: Date:
 We also accept telephone bookings, please call 01204 488100 and pay in full at time of booking.