

PAUL BELL TENNIS

JUNIOR AFTER SCHOOL GROUP COACHING ACADEMY

otumoetai
tennis club





LESSONS TO IMPROVE YOUR TECHNICAL SKILLS

TERM 4 2017 and TERMS 1-4 2018

MON	3.30pm	Hot Shots GREEN 1 beginners
	4.30pm	Hot Shots BRONZE
	5.30pm	Hot Shots SILVER and GOLD
TUES	3.30pm	Hot Shots BIG RED
	4.30pm	Hot Shots GREEN 2 interclub
WED	3.30pm	Hot Shots ORANGE
	4.30pm	Hot Shots GREEN 2 interclub
	5.30pm	Hot Shots BRONZE
	6.30pm	Hot Shots SILVER and GOLD

Bookings and payment is in advance. Pay online or eft-pos.
8 Weeks Coaching: Members \$130 / Non-members \$150

FRIDAY		MEMBERS ONLY – TERMS 1, 2, 3, 4 Organised play and practice sessions Pizza \$5.50 extra Non-members – 2 free trials
	2.45pm-3.15pm	Preschoolers 3-5 years BLUE NEW
	3.30pm-4.30pm	Junior Club Night RED, BIG RED and ORANGE
	4.30pm-5.30pm	Junior Club Night GREEN, BRONZE, SILVER and GOLD
SATURDAY		MEMBERS ONLY – TERMS 1 AND 4 Organised play and practice sessions Non-members – 2 free trials
	9.00am-9.45am	Hot Shots RED
	9.45am-10.30am	Hot Shots BIG RED
	10.30am-11.15am	Hot Shots ORANGE and GREEN
	11.15am-12.00pm	Hot Shots BRONZE, SILVER and GOLD

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BOOKINGS AND FURTHER INFO

☎ 021-934 347

✉ enquiries@paulbelltennis.co.nz

www.paulbelltennis.co.nz

PAUL BELL TENNIS

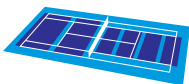


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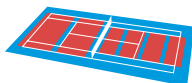
MINI BLUE: AGE 3-5

Pre-schoolers intro to tennis with fun activities and a focus on balance and coordination.



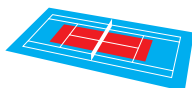
MINI RED: AGE 5-7

Uses 25 per cent compression red balls that bounce lower, slower and are easier to hit. Played on three or six-metre wide courts. Recommended racket size is 21-23 inches.



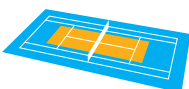
BIG RED: AGE 7-8

Uses 25 per cent compression red balls that bounce lower, slower and are easier to hit. Played on regular courts with reduced length and width. Recommended racket size is 23-25 inches.



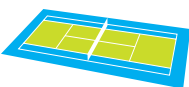
ORANGE: AGE 8-10

Uses 50 per cent compression orange balls and play on regular courts with reduced length and width. Recommended racket size is 23-25 inches.



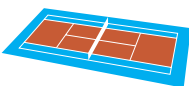
GREEN: AGE 9+

Played on a full-sized court using 75 per cent compression green balls. Recommended racket size is 25-27 inches.



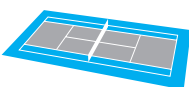
BRONZE: AGE 11+

First year of inter club and transitioning from green ball.



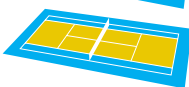
SILVER: AGE 12+

Second and third year inter club.



GOLD: AGE 14+

Top club junior inter club standard.



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