

## JUNIOR AFTER SCHOOL GROUP COACHING

### TERM 4 2016

Bookings and payment  
is in advance


8 Weeks Coaching:  
Members \$120  
Non-members \$150  
Pay online or eft-pos.

**Special  
Intro Offer:  
Term 4 \$99  
(non-members  
\$129)**



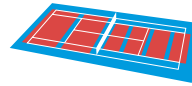
MONDAY	
3.30pm	Hot Shots MINI RED
4.30pm	Hot Shots BIG RED and ORANGE
5.30pm	Hot Shots GREEN
6.30pm	Hot Shots BRONZE
7.30pm	Hot Shots SILVER and GOLD
TUESDAY	
3.30pm	Hot Shots MINI RED and BIG RED
4.30pm	Hot Shots GREEN
WEDNESDAY	
3.30pm	Hot Shots ORANGE
4.30pm	Hot Shots GREEN
5.30pm	Hot Shots BRONZE
6.30pm	Hot Shots SILVER and GOLD

FRIDAY – MEMBERS ONLY	
	Free coaching and fun games Pizza \$5 extra Non-members – 2 free trials
3.30pm	Junior Club Night RED and ORANGE
4.30pm	Junior Club Night GREEN, BRONZE, SILVER and GOLD

SATURDAY – MEMBERS ONLY	
	CLUB DAY Free coaching and fun games Non-members – 2 free trials
9.00–10.30am	RED and ORANGE
10.30–12.00pm	GREEN, BRONZE, SILVER and GOLD

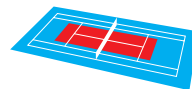
#### MINI RED: AGE 5–8

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.



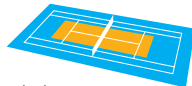
#### BIG RED: AGE 7–9

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.



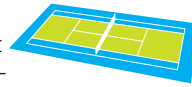
#### ORANGE: AGE 8–10

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



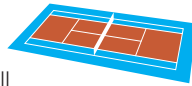
#### GREEN: AGE 9+

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



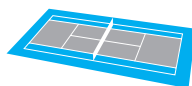
#### BRONZE: AGE 11+

First year of inter club and transitioning from green ball.



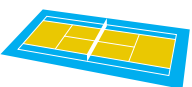
#### SILVER: AGE 11+

Second and third year inter club.



#### GOLD: AGE 11+

Top club junior inter club standard.



## SUPER SUNDAY CLUB TOURNAMENTS

- Run on Sundays term time
- Red – Orange – Green  
Bronze – Silver – Gold
- Held at Otumoetai and Mount Maunganui clubs
- 1 hour: members \$5 / non members \$8

For more info call 021-934 347  
enquiries@paulbelltennis.co.nz

## JUNIOR TENNIS HOLIDAY CAMPS

Join us for fun and active mornings or full days. Serve, forehand, backhand, volleys, court movement and tactics will all be covered in this course. Afternoons include table tennis, football and cricket. All abilities welcome and rackets supplied if needed. For ages 5 – 15 years.

Runs at  
the end of  
each term  
and in the  
summer  
holidays.

DATES	
26 – 30 September 2016	
3 – 7 October 2016	
14 – 16 December 2016	
19 – 21 December 2016	
9 – 13 January 2017	
16 – 20 January 2017	
23 – 27 January 2017	

OPTIONS	1 DAY	5 DAYS
A 8.30am – 12.30pm	\$35.00	\$140.00
B 8.30am – 3.30pm	\$60.00	\$240.00
3 DAY PROGRAMME		
C 8.30am – 12.30pm	\$95.00	Choose any 3 mornings or full days.
D 8.30am – 3.30pm	\$140.00	

## PRIVATE LESSONS WITH PAUL BELL

TIME	COST
1 hour	\$65.00
45 minutes	\$50.00
30 minutes	\$35.00

**TEAM COACHING:**  
For 2–4 people – \$80 per hour

## RACKET RE-STRINGING

Book your racket  
in for a restring  
and regrip.  
Call Paul Bell  
021-934 347



## BOOKINGS AND FURTHER INFO

☎ 021-934 347

✉ enquiries@paulbelltennis.co.nz

www.paulbelltennis.co.nz

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