

PAUL BELL TENNIS COACHING

For bookings and info
email: enquiries@paulbelltennis.co.nz
or phone Paul 021-934 347
www.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 squash, table tennis, football and cricket. All abilities welcome and racquets supplied if needed. For ages 5 - 15 years.

6 July - 10 July 2015
13 July - 17 July 2015
28 September - 2 October 2015
5 October - 9 October 2015
16 December - 18 December 2015
21 December - 23 December 2015
11 January - 15 January 2016
18 January - 22 January 2016
25 January - 29 January 2016

**Competitions
and
Prizes!**

**New
times
and
prices.**

OPTIONS	1 DAY	5 DAYS
A 8.30am - 12.30pm	\$50.00	\$190.00
B 8.30am - 3.30pm	\$65.00	\$280.00
** 3 DAY PROGRAMME **		
C 8.30am - 12.30pm	\$120.00	
D 8.30am - 3.30pm	\$170.00	

Junior Tennis Academy with Paul Bell and Paul Arnott

Group coaching 8 weeks: \$160.00
Group coaching 9 weeks: \$180.00
Elite group coaching (invite only): \$240.00
Non members add \$20.00 per person

MONDAY (8 Weeks - Terms 1, 2, 3, 4)			
3.30-4.30pm	Tennis Hot Shots	Red/Orange	5-8 years
4.30-5.30pm	Tennis Hot Shots	Orange/Green	8-10 years
5.30-6.30pm	Competitive	Yellow	9-12 years
6.30-8.00pm	Elite (invite only)	Black	13-18 years
TUESDAY (8 Weeks - Terms 1, 2, 3) (9 Weeks - Term 4)			
3.30-4.30pm	Tennis Hot Shots	Red/Orange	5-8 years
4.30-5.30pm	Tennis Hot Shots	Green	8-10 years
5.30-6.30pm	Tennis Hot Shots	Yellow	9-11 years
WEDNESDAY (8 Weeks - Terms 1, 2, 3) (9 Weeks - Term 4)			
3.30-4.30pm	Tennis Hot Shots	Red/Orange	5-8 years
4.30-5.30pm	Tennis Hot Shots	Green/Yellow	9-12 years
5.30-6.30pm	Competitive 1	Yellow	13-18 years
THURSDAY (8 Weeks - Terms 1, 2, 3) (9 Weeks - Term 4)			
3.30-4.30pm	Tennis Hot Shots	Red/Orange	5-8 years
4.30-5.30pm	Tennis Hot Shots	Green/Yellow	9-12 years
5.30-6.30pm	Competitive 1	Yellow	14-18 years

Junior Club Pizza Night

Runs every Friday during all school terms from 4.30pm.
Friday fun sessions with coaching and games.
Members only.
(non members can have 1 free trial.)



Junior tournaments

Red, orange and green events.
Run every Friday from 3.30pm during school terms.

1 hour tournament
\$12 member, \$15 non member.

1.5 hour tournament
\$20 member, \$25 non member.

For tournament dates and info:
Contact Paul Arnott
021-023 63223
www.paulbelltennis.co.nz

Private Lessons

PAUL BELL
Head Club Professional Level 3
1 Hour \$70.00 / 30 minutes \$35.00
Call Paul Bell Tennis 021-934 347

PAUL ARNOTT
Assistant Club Professional Level 3
1 hour \$64.00 / 30 minutes \$32.00
Call 021-023 63223

Assistant Coach Level 2
1 hour \$50.00 / 30 minutes \$25.00
Call Paul Bell Tennis 021-934 347

Assistant Coach / Hitter Level 1
1 hour \$30.00 / 30 minutes \$15
Call Paul Bell Tennis 021-934 347

Adult Group Coaching

Eight week course runs each term.
All levels welcome.

BEGINNERS:
Tuesdays 7.30pm - 8.30pm

INTERMEDIATE:
Thursdays 6.30pm - 7.30pm

ADVANCED:
Thursdays 7.30pm - 8.30pm

IMPROVERS:
Fridays 9.00am - 10.00am
\$160.00 member / \$180.00 non member



Take your heart to the max with this ultimate tennis-based, on-court fitness workout. \$20.00 per person

Monday 8.00pm - 9.00pm

Wednesday 7.00am - 8.00am

Friday 7.00am - 8.00am

Bookings: Paul Bell 021-934 347

FAST 4

FRIDAY FAST 4 Singles MATCHPLAY for adults and juniors who play interclub. If you want to keep up your competitive edge then this is for you. Matches operate on a round robin basis with promotion and relegation. Play the new Fast 4 scoring format. Competitions run for 8 weeks each school term. Run and refereed by our Coaches.

Term 1 & 4, Fridays 7.00pm to 9.30pm. Term 2 & 3 Fridays 6.00pm to 8.30pm.
\$120.00 per player. Limited numbers. Bookings and Info: Paul Bell 021-934 347



Harcourts Eden Epsom
Tennis and Squash Club
1 Penrhyn Road
Mount Eden, Auckland