

# Coaching Programme

## at Llantwit Major Tennis Club

Sessions follow school term times. Evening classes run in summer terms only. Tennis camps take place out of term time and are open to everyone. Our term time sessions are only open to members of LMTC. However, non-members are welcome to try out our programme for 6 weeks before joining. **Visit [llantwittennis.co.uk](http://llantwittennis.co.uk) to join today.**

### Term Time Coaching Sessions

Session	Day	Time	Weekly	Block
Junior Coaching (10-16yrs)	Monday	5:30pm - 6:30pm	£5	£24
Adult Cardio Tennis (14yrs+)	Monday	6:30pm - 7:30pm	£5	£24
Mini Tennis Coaching (6-10yrs)	Thursday	5:00pm - 6:00pm	£5	£24
Adult Intermediate-Advanced Coaching	Thursday	6:00pm - 7:00pm	£5	£24
Mini Red Beginners (4-7yrs)	Saturday	10:15am - 11:00am	£4	£18
Mini Red/Orange Coaching (6-10yrs)	Saturday	11:00am - 12:00pm	£5	£24
Greens & Teens	Saturday	12:00pm - 1:00pm	£5	£24
Adult Beginners & Tennis Xpress	Saturday	1:00pm - 2:00pm	£5	£24

### Holiday Tennis Camps

Session	Day	Time	Weekly (mem/non-mem)
Mini/Junior Tennis Camps (5-12yrs)	Tuesday	10:00am - 1:00pm	£9 / £12

### Private Sessions

Coach	1 Hour	45min	30min	6 x 1 Hour	6 x 45min	6 x 30min
Rob Blackiston	£15	£12	£9	£81	£65	£49



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Vale Tennis Academy are coaching providers based around the Vale of Glamorgan. All our coaches are LTA qualified, DBS checked and First Aid trained. Prices valid at time of printing, see our website for latest info.