

## Mini & Junior Spring 2021 coaching programme

The Hackney Tennis Spring 2021 Programme starts from **Monday 4<sup>th</sup> January 2021** and classes run for **12 weeks however some sessions run for 11 weeks**. The last day of the coaching programme is **Thursday 1<sup>st</sup> April for the 12 weeks sessions and Sunday 28<sup>th</sup> March for the 11 weeks sessions**. Below you will find our courses for red players (8U), orange players (9U), green players (10U) and yellow players (10+)

To book onto a course please visit [hackneytennis.co.uk](http://hackneytennis.co.uk) and select either Mini or Junior then Courses and select the course you would like to sign up to and proceed through the booking and payment process.

We operate a priority booking system so players who have been attending the previous term have priority to book until **15<sup>th</sup> November** at which point the class bookings open up to everyone.

### Tots 3-5yrs old

Tots Tennis is for players aged 5 and under. Players learn the basics and how to enjoy the game through fun activities, based on based on the fundamental areas of balance, co-ordination, movement and racquet and ball skills.

Day	Venue	Course	Start Time	End Time
Sat	Clissold Park (11 weeks)	Tots 3-5 yrs	9:00 AM	10:00 AM

### Mini Tennis Red 8U

Mini Tennis Red is for players aged 8 and under. Players learn to serve, rally and score with a slow ball, as well as learning the movement and co-ordination skills needed for tennis.

Day	Venue	Course	Start Time	End Time
Mon	Clissold Park (12 weeks)	Mini Red 4-6 yrs	4:00 PM	5:00 PM
Mon	Clissold Park (12 weeks)	Mini Red 6-8 yrs	4:00 PM	5:00 PM
Mon	Hackney Downs (12 weeks)	Mini Red 6-8yrs	4:00 PM	5:00 PM
Tue	Clissold Park (12 weeks)	Mini Red 4-6 yrs	4:00 PM	5:00 PM
Tue	Clissold Park (12weeks)	Mini Red 6-8 yrs	4:00 PM	5:00 PM
Thu	Clissold Park (12 weeks)	Mini Red 6-8 yrs	4:00 PM	5:00 PM
Sat	Clissold Park (11 weeks)	Mini Red 6-8 yrs	10:00 AM	11:00 AM
Sat	Hackney Downs (11weeks)	Mini Red 6-8 yrs	11:00 AM	12:00 PM
Sun	Clissold Park (11weeks)	Mini Red 6-8 yrs	10:00 AM	11:00 AM

### Mini Tennis Orange 8-9yrs

Mini Tennis Orange is a great way for players to continue their progress from Mini Tennis Red and is for players aged 8 and 9. Players develop a rounded game learning a range of techniques and tactics. Courts are bigger and wider than the red stage but still smaller than full-size tennis courts.

Day	Venue	Course	Start Time	End Time
Mon	Hackney Downs (12 weeks)	Mini Orange 8-9 yrs	5:00 PM	6:00 PM
Tue	Clissold Park (12 weeks)	Mini Orange 8-9 yrs	4:00 PM	5:00 PM
Thu	Clissold Park (12 weeks)	Mini Orange 8-9 yrs	4:00 PM	5:00 PM
Sat	London Fields (11weeks)	Mini Orange 8-9 yrs	10:00 AM	11:00 AM
Sun	Clissold Park (11 weeks)	Orange 8-9 yrs	11:00 AM	12:00 PM

**Mini Tennis Green 9-10yrs**

This is for 9-10-year-olds who are ready to test their skills on a full-size court. Our approach to helping children into the sport makes it far easier for them to develop their skills and progress with their tennis.

Day	Venue	Course	Start Time	End Time
Thu	Clissold Park (12 weeks)	Mini Green 9-10 yrs	4:00 PM	5:00 PM
Sat	London Fields (11weeks)	Mini Green 9-10 yrs	11:00 AM	12:00 PM
Sun	Clissold Park (11weeks)	Mini Green 9-10 yrs	11:00 AM	12:00 PM

**Yellow Stage Junior Tennis 10+**

At the Yellow stage, children are now playing on a full-size court with the balls the professionals use. Children will continue to explore different game styles and start to find their own. They will evolve through well-rounded motor skills development whilst improving their physical capacities.

Day	Venue	Course	Start Time	End Time
Mon	Hackney Downs (12 weeks)	Junior 10yrs+	5:00PM	6:00PM
Fri	Clissold Park (11weeks)	Juniors 10 yrs+	5:00 PM	6:00 PM
Sat	London Fields (11weeks)	Junior 10 yrs +	12:00 PM	1:00 PM
Sun	Clissold Park (11weeks)	Junior 10 yrs+	12:00 PM	1:00 PM
Sun	Clissold Park (11weeks)	Junior 10 yrs+	1:00 PM	2:00 AM