

# RACKETS FITNESS

## CLUB 18 & Under

£22 per month\*

Training to Train / Compete - Increase training base by further developing sport specific speed and strength skills. Progress to a more advanced resistance exercise program with increased volume and intensity.

Tuesday 6.30-7.30pm	Lucy
Thursday 6.30-7.30pm	Lucy

## JUNIOR 12 & Under

£22 per month\*

Learning to Train stage - Develop a training base, continued development of agility, balance, co-ordination and muscular endurance with a greater focus on exercise technique.

Monday 6.30-7.30pm	Lucy
Wednesday 6.30-7.30pm	Lucy
Friday 6.30-7.30pm	Lucy

## MINI 9 & Under

£15 per month\*

FUNDamental stage - develop fundamental movement skills which include agility, balance, co-ordination and muscular endurance using own body mass. A focus on having FUN.

Monday 6.00-6.30pm	Red	Lucy
Tuesday 4.30-5.00pm	Red	Lucy
Tuesday 5.00-5.30pm	Orange	Lucy
Wednesday 6.00-6.30pm	Orange	Lucy
Friday 4.30-5.00pm	Red	Lucy
Friday 5.00-5.30pm	Orange	Lucy

## INDIVIDUAL S&C SESSIONS £30 per session\*

Tailored physical testing and periodised training programs designed specifically to improve performance.

New Programme starting January 2019

*Our programme will start Monday 7th January  
44 weeks in 2019 with payment monthly*

\*Tennis / Squash Coaching Membership - Upon signing-up to a weekly session any player currently not a member of The Northern Lawn Tennis Club will automatically be assigned to our Coaching Membership of £10 per month per session attended. This will be an additional monthly charge and collected via the same GoCardless payment system.

The price quoted allows you to attend one time per week. Please book the day / session of your choice.



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Book online: [www.clubspark.lta.org.uk/NorthernLawnTennisClub](http://www.clubspark.lta.org.uk/NorthernLawnTennisClub)