



Why choose tennis for your child?

Lifelong playtime from a child through to a golden age

Great for all the family

Be competitive if you want

**Sociable
Make new friends**

Anyone can learn

Tennis improves the mind as well as the body

Physical health benefits

Low risk of injury

Fun



A GUIDE FOR TENNIS PARENTS

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Child just joined the club - what should I know?

EXTRA GROUPS
If you would like your child to play more, please ask the coaches or Carolyn

To play with your child, the parent must be a member

If you would like your child to have individual coaching, please contact one of the coaches

When collecting your child from a tennis session, please be on time and in person

Block attendance for Red Ball squads - 100% attendance will win them a prize

Rackets can be borrowed from the club for the session or can be purchased via the coaches

KIDS CAMPS
As a member you can participate at a reduced cost

As a Junior member you are entitled to book courts no 4-7 Mon-Fri before 6pm and after 4pm at weekends

Your child just joined the club - what should you know?

WHAT SHOULD MY CHILD WEAR?
Suitable trainers and clothes your child can be active in (NO football or rugby kits allowed)

EVENTS, CAMPS & GENERAL INFO
Carolyn will send out emails and posters will be displayed on the board to show you what's on

GROUP SESSIONS
Must be paid in blocks and to retain your place it is necessary to pay squad renewals within the first 2 weeks

GROUP SESSIONS
In the event of bad weather, Carolyn will contact you via *WhatsApp* and you will be credited on the next block

CAROLYN 07908 887300

Go outside and play with them - throw, catch, fitness, balance & skills

Involve the whole family

Watch tennis on TV with your child

Make sure your child has appropriate and comfortable clothing, which makes playing all the more fun

Practice with your child on court

Have fun

Learn to be competitive in a fun environment

Parents join in and learn the sport

Register your child for private lessons & squads

spontaneous play

supporting play

structured play

How can I help my child improve their tennis?

If you have any questions, please speak to one of the Gidea Park LTC coaches

Play with your child (join as a member for only £50 per year)

Helps your child improve

Social tennis. Join the club as a family, there's lots the club can offer

Become an LTA member (FREE) and get exclusive tennis benefits

Parents Why not try tennis yourselves at GPLTC

Play with your child in an event - Quorn Cup, Open Day, Parent & Child

Cardio Tennis
Designed to give you a fitness workout playing tennis drills to music - any standard, pay as you go.
Wed 7pm, Fri 10am & Sat 9am
(No membership needed)

WHY NOT TRY

TennisXpress
Designed to teach beginners and improvers in a group environment
Wed 8pm & Sun 9am
(No membership needed)