

**2019 FALCON TENNIS COACHING Autumn Term**mid-August – end-Sept. **MON + WEDS + FRI**

Club Head Coach ALEJANDRO CARMONA (ITF Level 3/LTA Level 4)

and Senior Club Coach MARCIN TYCNER (LTA Level 4) <https://clubspark.lta.org.uk/VamosEdinburgh/TheTeam>**Mondays + Wednesday + Fridays = 7 weeks starts 14<sup>th</sup> August – ends 27<sup>th</sup> September**

Coaching goes ahead even in the event of rain. If exceptionally bad weather makes the courts unsafe or unplayable, the coach will occupy the students where possible with safe fitness games and activities off-court. Alternatively, catch-up sessions may be offered, though on a different week-day.

**JUNIOR COACHING AUTUMN Term 2019**

	Time	Price £
x. MON. age 5-7: Spring 2019 – FB&TC	P.1-3	3.45 £14.40
x. MON. age 8-11: Spring 2019 – FB&TC	P.4-7	4.15 £22.80
x. MON. age 12-16: Spring 2019 – FB&TC	S.1-4	5.05 £18
x. WEDS. age 5-7: Spring 2019 – FB&TC	P.1-3	3.45 £16.80
x. WEDS. age 8-11: Spring 2019 – FB&TC	P.4-7	4.15 £26.60
x. WEDS. age 12-16: Spring 2019 – FB&TC	S.1-4	5.05 £28
x. FRI. age 5-7 <b>A</b> : Spring 2019 – FB&TC (younger)	P.1-3	<b>3:15</b> £16.80
x. FRI. age 5-7 <b>B</b> : Spring 2019 – FB&TC (older)	<b>P.3</b>	3:45 £16.80
x. FRI. age 8-11: Spring 2019 – FB&TC	P.4-7	4.15 £26.60
x. FRI. age 12-16: Spring 2019 – FB&TC	S.1-4	5.05 £28

**Which class?** – You should book first by age, then consider school class. **Examples:** If your child is 7½ in April and in P.3, book a 5-7s class; if Friday, choose the older group. If your child turns 8 between April and July, choose between a 5-7 class and an 8-11 class *as follows*: choose age 5-7 if the child is new to coaching or tennis, but choose the 8-11 class if the child is a regular and confident tennis player. Age 12-16 classes are reserved for Senior School students *unless* the coach gives prior approval to moving up a group.

**ADULT COACHING AUTUMN Term 2019**Maximum class size: **12****Mondays £45** per block of 6 x 1-hr lessons) **Wednesdays & Fridays £52.50** per block of 7 x 1-hour lessons**Please note:** Tennis coaching at Falcon Club requires to be booked **by the block/term** in advance.

If you wish to split a block with another member (**N.B. not** attending on the same dates), ONE member should book and pay in his/her name and email to inform the Club and coach at [falconclub@hotmail.co.uk](mailto:falconclub@hotmail.co.uk) (You'll need to sort out your money and shares between yourselves.)

**Levels** relate to the *Falcon Club* spread of tennis ability, rather than to any international yardstick!

If it becomes clear that you have chosen the wrong level of class, you may move to a more appropriate class as long as there is space. The coach will coach at a level or levels appropriate to each group and, if necessary, will differentiate coaching if there are different levels within the group e.g. by doing both whole-class' and small group activities.

**z. MON. - ADULTS . 6pm: AUTUMN 2019 - FB&TC**

6 x 1-hour lessons 6-7pm 6 weeks - start 19 August

Level: BEGINNER/INTERMEDIATE/RUSTY RACQUETS' welcomes a variety of tennis levels, alternating whole-class and smaller-group exercises and activities.

**z. WEDS - ADULTS . 2.30: AUTUMN 2019 - FB&TC**

7 x 1-hour lessons 2.30-3.30pm 7 weeks - start 19 August

Level: INTERMEDIATE and 'RUSTY RACQUETS'

**z. WEDS - ADULTS . 6pm: AUTUMN 2019 - FB&TC**

7 x 1-hour lessons 6-7pm 7 weeks - start 19 August

Level: ADULT 'RUSTY RACQUETS'/INTERMEDIATE/BEGINNER welcomes a variety of tennis levels, alternating whole-class and smaller-group exercises and activities.

**z. WEDS - ADULTS . 7pm: AUTUMN 2019 - FB&TC**

7 x 1-hour lessons 7-8pm 7 weeks - start 19 August

Level: ADVANCED and INTERMEDIATE++ welcomes confident, experienced, regular players and those moving up as advised after a year of Intermediate coaching.

**zz. FRI. - ADULTS . 6pm: AUTUMN 2019 - FB&TC**

7 x 1-hour lessons 6-7pm 7 weeks - start 19 August

Level: INTERMEDIATE+ Kick-start your weekend together with a mix of intermediate and more advanced Club players - a relaxed but active class combining technique and fitness.

**SPRING 2020 Adult classes** (mid-April to end-June) will be open for booking from mid-February 2020.