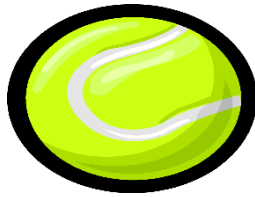


KICKBOXING SELF DEFENCE CLASSES & TENNIS LESSONS
(This course will consist of 5 kickboxing and 5 tennis lessons)

LTA PROFESSIONAL & LEVEL 1 MAI THAI KICKBOXING COACH



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TEL 07946 491 696

E-MAIL s.wright@internationaltenniscoaching.com

Mini Tennis Coaching and Kickboxing

Tennis and kickboxing coaching sessions will be taking place at Dropmore School this term. The sessions will include instruction on all of the following:

- Racket Handling
- Basic striking skills
- Racket and Ball control
- Rallying Skills
- Ball Sense training including throwing/catching
- Basic striking moves
- Basic defence moves
- An opportunity to work your way through the kickboxing belts

TIME: 3:15-4:15pm
DAY: Friday
DATES: 23rd April – 9th July (11 weeks)
VENUE: Playground or inside if wet weather
COST: £110

The maximum number of players permitted in the class is 15. If you would like your son/daughter to take part, please fill in the slip below and return it with payment to myself before 26th March. Places will be allocated on a first come first served basis. Cheques payable to ITC Ltd.

Payment can also be made by using the following bank details: Sort Code: 55 81 42 Acc: 907 419 27 and using Dropmore KB/Tennis as a reference.

I would like my child _____ Year _____ to take part in the Mini Tennis after School Club.

Mobile number: _____ E-mail: _____

Medical conditions/Allergies: _____

Signed _____ Parent Child Date of Birth _____