



THE ISLAND WELLNESS CLUB & SPA



Introducing the new Island Wellness Club Kids Tennis Camps!

Whether your child already enjoys tennis or is completely new to the game, come and join our Kids Tennis Camps this May half-term.

Head tennis coach Martyn and Connor have a fun range of activities planned for the camps with a focus on technique, tactics and physical skills designed to get maximum improvement in their game over a short period of time.

Each day includes...

- Work on coordination, agility and racket skills
- Learn new training and tactical techniques
- Have fun trying a new sport as part of the day from the range of kids activities available at the club!
- End the day putting developed skills into practice with a fun tennis competition
- Above all have fun and meet new friends!

Thursday 30th May	9am - 12.20pm	4-8 year olds
Friday 31st May	9am - 1pm	9+ year olds

Our inspiring coaches will help youngsters develop their skills and refine their technique to improve their all-round game. They'll share amazing team experiences, meet new friends, train with the best and discover their competitive streak. Through a combination of learning and practise we will help you improve your tennis development. sessions can be brought indoors if the weather changes.

Please ensure you bring a drink and snack on the day.

Open to members (£25 per person) and non-members (£30 per person).
Please call 01983 766222 to book.



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