

Junior Tennis

www.vistaleisure.com



A Sport
for Life so
Start Early



Deal Indoor
Tennis Centre
01304 373399



Everyone For Tennis!

Deal Indoor Tennis Centre has 4 indoor tennis courts with a full programme of coaching that follows the Lawn Tennis Association (LTA) recommended frameworks, and offers playing opportunities for children and adults.

Tennis is a sport for life so the earlier children start to play the longer they can enjoy the benefits. The best way to start is to join one of our courses or holiday camps led by qualified and experienced LTA coaches.



Mini Courses for children 3 to 11 years

Mini courses take place after school Monday to Friday and weekend mornings. All sessions are 1 hour and payable in advance according to school term dates (unless specified differently).

Mini Tots (45 minute session)

Mini Tots sessions are for children who are pre-school (3 to 5). Sessions include fundamental movement activities and simple racket and ball skills. Parents are requested to take part where possible.

Mini Tennis Red

Ideally suited for children 5 to 8/9 years. Using very soft tennis balls, short rackets and small courts, players learn to serve, rally and score and other fundamental tennis skills. Classes are in three levels (3 to 1).

Mini Tennis Orange

For 8/10 years progressing from mini red, or for beginners aged 9/10 years. Played on a normal court made smaller, a lower net and using balls that are 50% slower than normal. Players learn all the shots and play short matches. Level 3 is for beginners progressing to level 1.

Mini Tennis Green

For children 10/11 years progressing from mini orange. There is one level played on the full sized court with balls that are 25% slower than the normal ball.

Deal Dynamo's

Squads for keen minis who want to play more, improve faster and play competitions. Players are invited and are asked to commit to playing twice a week and enter competitions.



Junior Tennis for Children 11 and Over

Children over 11 years who are either new to the sport or experienced players can join our junior programme. Club sessions and courses are at various times after school and at weekends. All courses/sessions are paid in advance according to school term dates (unless specified differently).

Club Junior Coaching

Players are grouped according to ability with a progression from level 3 to 1.

Club Junior Performance Squads

These squads are by invitation for committed players who have reached a good standard and have an LTA rating.

Match Play & Competition

Deal Indoor Tennis Centre will always provide opportunities for children to practise match play and enter tournaments and competitions. Keep an eye on the notice boards or talk to coaches about these opportunities.



Holiday Camps

Holiday camps are for all ages and abilities. Children can enjoy a day of multi skills and tennis games, match play and a swim after. Watch out for the holiday flyers or check out the Tennis Notice boards and Vista Leisure website.





QUICK SERVE QUESTIONS



HOW DO I ENROL MY CHILD ON A TENNIS COURSE?

Full course details are available by asking at Reception or phoning Tides Leisure & Indoor Tennis Centre on 01304 373399.

DO I HAVE TO BE A MEMBER TO PLAY TENNIS?

Anyone can play at the tennis centre but it is cheaper if you are a member. Details about membership and prices can be found on our website or contact Deal Indoor Tennis Centre.

WHAT EQUIPMENT DO I NEED FOR TENNIS?

Rackets are available for hire to members for free, and to non members for a small charge. Players who are trying courses can borrow rackets for the first 3 weeks. It is better for players to have their own racket. Coaches can advise on purchasing an appropriate racket at an affordable price and offer a 'try and buy' service.

HOW DO I BOOK A COURT?

In person at reception, or call Tides on 01304 373399. Members can book 8 days in advance, non members 5 days.

HOW MUCH DOES IT COST TO PLAY TENNIS?

Full details of court and course fees are available in the tennis price list leaflet available in the centre and at reception and on our website.

HOW SAFE IS MY CHILD?

Vista Leisure is fully compliant with all Health & Safety and Child Protection requirements. All Coaches have enhanced disclosures and are fully qualified.



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