



# JUNIOR COACHING PROGRAMME

New Timetable from 11<sup>th</sup> March 2024

<b>Monday - Friday</b> 12.00 - 1.00pm	Netley Abbey Infant School lunchtime tennis activity <b>TERM TIME ONLY</b>	NAIS	
<b>Monday</b> 3.15 - 4.15pm	Hamble Primary After School Club <b>TERM TIME ONLY</b>	Hamble Primary	
3.00 - 4.00pm	Deer Park After School Club <b>SUMMER TERM ONLY</b> (Enquire for dates)	Deer Park	
5.00 - 6.00pm	Juniors Tennis (Age 4-14) Split into age and ability groups. Fun session working on all tennis skills, movement and ABCs (Agility, Balance, Co-ordination). Fun and safe environment. <b>TERM TIME ONLY</b>	Oasis	£6
<b>Tuesday</b> 3.00 - 4.00pm	Wildern After School Club <b>SUMMER TERM ONLY</b> (Enquire for dates)	Wildern	
3.00 - 4.00pm	Sholing Infant After School Club <b>TERM TIME ONLY</b>	Sholing Infant	
3.15 - 4.15pm	Botley Primary After School Club <b>TERM TIME ONLY</b>	Botley Primary	
5.00 - 6.00pm	Junior Tennis (Age 6-14) A fun evening of tennis drills and gameplay <b>TERM TIME ONLY</b>	Deer Park	£6
16 <sup>th</sup> April to 21 <sup>st</sup> May 5.00-6.00pm	Prime Video LTA Youth Girls – 6 weeks course to introduce girls aged 4-16 years old to tennis. Email colin@jemtennis.co.uk for more information	Deer Park	£35 for 6 weeks
<b>Wednesday</b> 3.15 - 4.15pm	Netley Abbey Junior School After School Club <b>TERM TIME ONLY</b>	NAJS	
<b>Thursday</b> 5.00 - 6.00pm	Junior Tennis (Age 6-16) Split into age groups with Colin and Linda <b>TERM TIME ONLY</b>	Deer Park	£6
<b>Saturday</b> 11.00am - 12.00pm	Junior Tennis Morning (Age 4-14) Split into age groups. An exciting session of fun drills working on all tennis shots, movement and footwork. Suitable for beginners and intermediate. Taken by one male and one female coach. <b>EVERY WEEKEND</b>	Deer Park	£6
<b>Sunday</b> 10.30am - 12pm	Teen Development Squad (Age 10+) A session for older juniors and teenagers who are keen on developing their tennis skills, footwork and agility. Includes fun match play with our adult team players to help them improve. <b>EVERY WEEKEND</b>	Deer Park	£7
12.00 - 1.00pm	Junior Tennis (Age 4-10) Split into age groups. An exciting session of fun drills working on all tennis shots, movement and footwork. A refreshing approach to help develop ability, balance, coordination and speed. Taken by one male and one female coach. <b>EVERY WEEKEND</b>	Deer Park	£6



JEM Tennis is an award-winning coaching provider and unique virtual tennis club with our passion being grassroots and community tennis. We are the only coaching provider in the area to offer the flexible option of pay as you go with no need to book, pay in advance or termly payments.

What sets us apart from other coaching providers is our continuity of coaches and reliability. We are also unique by having a male and female coach taking each junior session. We pride ourselves on our friendly and relaxed approach and our warm welcome.

Colin Murphy takes every session. His approach is “play don’t push” where the children learn in a fun and safe environment.

## JEM Tennis VENUES

- Oasis Academy Mayfield, Ashley Crescent, Southampton, SO19 9NA - 3 floodlit courts
- Woodhouse Lane Recreation Park, Pavilion Road, Hedge End, SO30 2EZ - 3 courts, no floodlights
- Wyvern College, Botley Road, Fair Oak, Southampton, SO50 7AN - 4 floodlit courts
- Deer Park School, Sika Avenue, Botley, Southampton, SO30 2HT - 3 floodlit courts
- Stubbington Tennis Club, PO14 2PP - 2 courts, no floodlights
- Wildern School, Wildern Lane, Hedge End, Southampton, SO30 4EJ – 6 courts, no floodlights

All venues have something unique and interesting about them

### Junior Individual Lessons

£30 for 1 hour or £15 for ½ hour

We have lesson slots available with one of our 3 coaches, please email for availability



We regularly have our better juniors and adult team players playing in the same sessions to help develop the juniors' play by getting them to hit more balls, play longer rallies and grow in confidence.

### JEM Tennis IN SCHOOLS

We run an award-winning programme of tennis afterschool clubs Monday to Friday.

Colin also delivers tennis to schools for their Sports Weeks and provides a lunchtime tennis activity every single day at Netley Abbey Infant School.

We are proud that members of our team have specialist knowledge and qualifications which enable us to deliver tennis in a unique way and cater for any individual needs

### CONTACT DETAILS

Colin Murphy 07801 422227  
colin@jemtennis.co.uk  
www.jemtennis.co.uk



Find us on Facebook

**New exciting venue and format coming on stream in 2024!!**

### TENNIS/ACTIVITY CAMPS

During the school holidays we run tennis/multisport activity camps for ages 4+.

Lots of tennis, football and games with arts and crafts. All with the emphasis on fun.

Venues and dates are updated on our website regularly.

**We also run regular fun junior competitions – Please email us to express your interest**

### LTA YOUTH START

This is a 6-week introductory course for ages 4-11

£29.99 (+£5 P&P) gets you:

- Six top-class tennis sessions with specially trained coaches
- A tennis racket and set of balls
- A branded t-shirt
- Activity cards, a lanyard, stickers and a certificate (provided by the coach)

Please look online for our Youth Start courses or ask Colin for more details

### BAD WEATHER CANCELLATION

Please check the JEM Tennis Facebook page for any cancellations or updates due to the weather.

We are always looking to improve our services so please email us with any suggestions or ideas!

All our weekend junior sessions run for 50 weeks of the year excluding 2 weeks over Christmas.

The midweek sessions run term time only unless otherwise stated.

We have rackets to borrow, just wear suitable clothing and shoes and bring a drink.