



New TENNIS courses in April.
Sunday mornings at D.A.S.H @ Dowdales

RED :	Ages 5-7	9-10am
ORANGE :	Ages 8-9	10-11am
GREEN :	Ages 9-11	11-12pm
ORANGE 2:	Ages 8-9	12-1pm (if



PLAY TENNIS

Caroline Clutterbuck

Tennis Coach LTA Qualified Coach

The coaching programme will be delivered by an LTA qualified tennis coach Caroline Clutterbuck, and will consist of a 1 hour session per week for 8 weeks including coaching, ball skills, co-ordination and footwork, training drills, match practice and competition. Only 8 places for each session can be offered for safety and quality purposes and will strictly be on a `first come, first served` basis. Please apply as soon as possible to avoid disappointment.

DATES: Sundays 25th April, 2nd, 16th, 23rd May;
13th, 20th, 27th June; 4th July.

DURATION: 8 weeks

TIMES: **RED** 9 - 10am, (max 8)

ORANGE 10-11am (max 8)

GREEN 11-12 (max 8)

ORANGE 2 12-1pm (max 8) (if in demand)

COST £30.40 for the course

All the courses will be held at D.A.S.H.

@Dowdales and will be indoor in the Sports

Hall or outdoor on the tennis courts

depending on the weather



PLAY TENNIS

Caroline Clutterbuck

Tennis Coach LTA Qualified Coach

69 Birchwood Drive, Ulverston, Cumbria, LA12 9PL

Tel:01229 586233 Mob:07866 737392

Email:caroline.clutterbuck@oscott.co.uk

COURSE: **RED ORANGE GREEN**

NAME:

AGE & DOB:

ADDRESS:

TEL NO:

EMERGENCY CONTACT NAME:

**OTHER PHONE NO (if reqd) e.g.
Mobile**

**ANY MEDICAL CONDITIONS?,
If Yes please specify**

PARENT/ GUARDIAN SIGNATURE:

Please return form to:

Deborah Brown

Dowdales School, Nelson St,

Dalton in Furness, LA15 8AH

or to: C.Clutterbuck at address opposite or
by email