



NO LIMITS School of Coaching

SUMMER HOLIDAY COURSES 2011

This summer, we are running TWO different courses, at TWO separate venues...

PLEASE READ THE DETAILS BELOW CAREFULLY IN ORDER TO CHOOSE THE RIGHT COURSE FOR YOUR CHILD!

HARROGATE HIGH SCHOOL: TENNIS AND MULTI SPORTS COURSE

Always a big hit with children aged 5 -16 years, from beginners to advanced level tennis players! Half day of top quality tennis coaching from highly qualified Coaches; Half day of multi sports, including football, basketball, hockey, cricket, athletics, touch rugby, softball, and fun team games such as benchball and prisoner! The perfect course for children wanting to do a bit of everything!

KNARESBOROUGH KING JAMES'S TENNIS CLUB: TENNIS ONLY COURSE

Perfect for the tennis enthusiast! We accept children aged 8-16 (approx), who play at ORANGE, GREEN or FULL TENNIS level. Please note; this course is NOT suitable for COMPLETE beginners. Advanced coaching sessions consisting of drills and exercises to help you learn new skills and improve both technically and tactically.....fast! Singles and doubles matchplay plus fun games every day!
If you really want your tennis to improve, this is THE course!

SUMMER 2011 COURSE DATES

WEEK 1: Monday 25th – Friday 29th July, £80 (5 days), or £20 per day.

WEEK 2: Monday 1st – Friday 5th August, £80 (5 days), or £20 per day.

VENUES & TIMES:

Harrogate High School: 9.30am – 3.30pm

Knareborough King James's Tennis Club: 10.00am – 3.00pm

NB. 10% discount is given to additional family members attending the full course

**Places are limited and our course is always full
so please book early to avoid disappointment!**

**To book your place, please send your completed application
form and cheque to the address on the form below.**

For more information, call Amanda at 'No Limits' on: 07703 181518 OR visit
our website at www.nolimitstennis.co.uk

NO LIMITS APPLICATION FORM: SUMMER 2011

PLEASE COMPLETE THE FOLLOWING DETAILS IN BLOCK CAPITALS.

Name of Child:

Address:

Post Code:

Tel No: Email:

Age: DOB: School:

Additional family members:

Name: DOB: School:

Name: DOB: School:

Name: DOB: School:

Please tick the days that your child will attend:

Week 1 Full 5 Days Mon Tue Wed Thu Fri

Week 2 Full 5 Days Mon Tue Wed Thu Fri

Harrogate High School: Tennis and multi sports course:

Knarborough King James's Tennis Club: Tennis only course:

Emergency contact phone number on which we could contact a parent/guardian during the course times:

If there are any relevant medical conditions of which we should be aware, please give details below:

Tennis Experience: Beginner Some Experience Coached Player

PRICES: (including 10% discount for additional family members. ONLY if attending 5 days)

Full 5 days: 1 child = £80, 2 children = £152, 3 children = £224, 4 children = £296

Individual Days: £20 per day, per child (no discounts applicable)

During the course we may take photos of the children for marketing purposes. If you do not wish us to use pictures of your child please tick this box.

Please send this application form with a cheque: **payable to 'No Limits'** to:

No Limits

26 St Leonards Road

Harrogate, HG2 8NX