



## Children's Sports Camps 2023

Our sports camps, which are suitable for children aged 5 - 14 years old, provide three hours of professional sports tuition each day. They run from Monday to Friday each week. The aim is to allow children to spend their summer holidays having fun, playing sport and making new friends. These 'Sports Camps' also help them develop agility, balance, coordination and speed, skills which will benefit them in every sport they play.

### Multi Sports Camps

These have a tennis lesson every day. In addition to sound teaching of all the strokes of tennis (forehand, backhand, volley and serve) children will participate in games, drills and exercises aimed at developing their sporting skills and interest in tennis. The wide variety of tennis based games and exercises make tennis fun so that children enjoy every minute.

As well as a daily tennis lesson, the weeks also incorporate a variety of other sports including football, cricket, hockey, baseball, tag rugby, American football etc. Children are supervised at all times and are kept active for almost all of the three hours, which seem to pass incredibly quickly for all concerned. Children will usually be quite tired afterwards - so don't expect them to be too active in the evenings.

### Where & When!

Cost: £68 per week (For 5 days, £58 for siblings after the first one in any family.)

#### **The Tennis Courts @ The People's Park Ballymena**

Multi Sports Week	Monday 3 - Friday 7 July	9.30am - 12.30pm
Multi Sports Week	Monday 31 - Friday 4 August	9.30am - 12.30pm

#### To enrol

Please enrol online at [www.TennisFundamentals.com](http://www.TennisFundamentals.com). Alternatively you can enrol over the phone by calling 02892 660653.

#### Guarantee

We are convinced that your child will love our 'Sports Weeks.' If, after attending the first day, your child does not enjoy it we will refund your fee for the rest of the week, no questions asked. We will also give them a junior tennis racket, worth £15 - £20, as a FREE gift for trying them.

Also, if you need to cancel, for any reason, perhaps to go on holiday, we will refund in full as long as you let us know at least four days before the camp. We hope this will allow you to book now, without limiting your holiday options and with confidence that your child will have a great week.

The camps last three hours & children will have two breaks. Children should bring a bottle of water & a small snack for each break (eg. a piece of fruit.) N.B. Nuts are not permitted.

Photos may be taken of the children for promotional purposes. Please let us know if you prefer that your child is not included in these. The entire 'Sports Camp' will take place on the outdoor tennis courts. Children will stand in if there is heavy rain until it passes.