

HIT the baseline



Play tennis for fun
or improve your
skills - something
for the whole family

Tuesday 31 May to Friday 3 June 2016
Ipswich School Sports Centre, Rushmere

Options for adults and children
Indoor and outdoor activities
Open to all - no experience necessary

A large graphic element consisting of a red triangle on the left and a white rectangle with a blue border on the right. The letters 'ISSSC' are written across the white rectangle in a bold, sans-serif font. The 'I' and 'S' are red, while the 'S', 'S', and 'C' are blue.

ISSSC

**HENLEY ROAD
NOTCUTTS
RUSHMERE**

www.ipswichschoolsportscentre.co.uk

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Hit the Baseline is designed to get you playing, watching and enjoying tennis. There is an exciting week of tennis opportunities on offer, including coaching for all ages and abilities, 'pay and play' tennis sessions, activities and competitions to keep children entertained and even the chance to watch the French Open on the ISSC Rushmere TV screens every day.

TUES	Court 1	Court 2	Court 3	Court 4	Court 5	Court 6
09.00-10.00	Pay and Play session					
10.00-11.00	Adult and Child Coaching				Pay and Play sessions	
11.00-12.00						
12.00-13.00						
13.00-14.00	Adult and Child Tournaments 12.45 and 14.00					
14.00-15.00						
15.00-16.00						
16.00-17.00						

Plus: Design your own racquet competition, target throwing competition, table tennis

WEDS	Court 1	Court 2	Court 3	Court 4	Court 5	Court 6
09.00-10.00		Cardio Tennis (14+ years)			Pay and Play sessions	
10.00-11.00	Junior Tennis Coaching: 5-7 years					
11.00-12.00	Junior Tennis Coaching: 8-14 years					
12.00-13.00						
13.00-14.00	Pay and Play sessions					
14.00-15.00						
15.00-16.00						
16.00-17.00						

Plus: Design your own racquet competition, balloon or sponge ball 'keepy ups', ping pong challenge, table tennis

THURS	Court 1	Court 2	Court 3	Court 4	Court 5	Court 6
09.00-10.00	Junior Tennis Camp: 8-14 years				Pay and Play sessions	
10.00-11.00						
11.00-12.00						
12.00-13.00						
13.00-14.00						
14.00-15.00						
15.00-16.00						
16.00-17.00						

Plus: Design your own racquet competition, table tennis

FRI	Court 1	Court 2	Court 3	Court 4	Court 5	Court 6
09.00-10.00	Junior Tennis Camp: 8-14 years				Pay amd Play session	
10.00-11.00					Over 50s session	
11.00-12.00					Pay and Play sessions	
12.00-13.00						
13.00-14.00						
14.00-15.00						
15.00-16.00						
16.00-17.00						

Plus: Design your own racquet competition, table tennis

ACTIVITY COSTS

Adult and Child Coaching - £5 per double

Have fun learning the fundamentals of tennis with your child. Children should be under 10.

Adult and Child Tournament - £5 per double

There are two tournaments, for under 9s and under 10s. Play with your child in a Mini Orange Tennis doubles tournament - have fun and be active.

Cardio Tennis - £4 per person

Cardio Tennis is a fun, sociable group fitness class set on a tennis court. It combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

Junior Tennis Coaching - £3.50 per child

All abilities are welcome whether its to try something new or to take your skills on to the next level.

Over 50s Session - £5 per adult

For players over 50 who have played before or are new to tennis. Tennis is a great way to stay fit, have fun, learn new skills and socialise. Includes a cup of tea and a piece of cake afterwards!

Junior Tennis Camp - £25 per day

A mixture of fun activities to keep your child active through the half term holiday. The focus is on participation with some fun competitions and prizes to be won. Drop off between 8:30 and 9:00am, with the Camp running from 9am-4pm. A late stay session is available until 5.30pm, costing an additional £4. For children aged 8 to 14

Pay and Play sessions - £5 per hour session

Pay and Play sessions are for families and friends who just want to get together and play some tennis.

Want to book a place on a session?

Call Heather Dixon on 01473 408302
email htd@ipswich.school or fill in the booking form over the page



The Touchline Cafe at ISSC Rushmere is open throughout the week offering a range of cold drinks, teas, coffees, homemade cakes, scones and savoury food.

HIT THE BASELINE BOOKING FORM



- Please return the form and your payment to: Heather Dixon, Ipswich School, Henley Road, Ipswich IP1 3SG
- Payment: Cheques should be made payable to 'ISE Limited'
- The cost of the tennis camp includes lunch (please state any dietary requirements on the booking form). However, please make sure your child attends with some snacks that can be eaten throughout the day and a refillable water bottle.
- One booking form per person.
- Please book by 27th May. Limited spaces available

Please state which activities you would like to attend	
Activity 1:	Cost:
Activity 2:	Cost:
Activity 3:	Cost:
Name:	Date of birth:
Address:	Postcode:
Email:	
Any medical conditions:	
Dietary requirements:	
Emergency contact details:	
Name:	Phone:
Relationship to participant	
I agree that I do not have any medical condition other than those listed. I understand that photographs and videos will be taken to be used in local papers, online or by ISSC for ISSC promotions only. I agree to inform ISSC if I do NOT want to be involved in any footage. I have read, understand and accept the ISSC programme terms and conditions	
Participant's signature	
Parent/guardian signature (if participant is under 18)	
Date:	

Activities run in partnership with The Elena Baltacha Academy of Tennis and Ipswich School



IPSWICH SCHOOL

