

PARENTS

Don't let the children have all the fun!



Adult Tennis

Adult group tennis coaching course

New courses starting in September!

Intermediates

- get ready for club tennis!
Weds 7.30pm to 8.30pm Indoors

Beginners

- new to tennis or starting again
Weds 8.30pm to 9.30pm Indoors



Lifelines health club

- Gym usage
- Free exercise classes
- 1 Free hot drink per day
- Free off peak tennis/badminton/squash*
- Free use of the sauna/steam room
- Two induction training sessions with will a full fitness assessment on joining
- A tailor made fitness programme with regular re-assessments designed to help you reach your fitness goals
- Members' rates for all club facilities
- Free Kids Club membership for your children
- 20% Discount on food + hot drinks in the Balcony café bar

from just **£0.98** a day! *
* T&C's apply

SPECIAL OFFER
Coffee & Muffin

Just
£1.49!



Balcony cafe bar



Venue 360

BACK TO SCHOOL BACK TO SPORTS



Tennis



2019 County 12U team champions



2019 County 8U team champions

COACHING

Led by Danny Pymont, all Venue 360 coaches are LTA qualified and CRB checked. Their aim is to help you develop your game within a fun and relaxed atmosphere. As a 'tennis club-mark' approved club, we also provide intensive training for performance players, who are looking to compete at a higher level.

INDIVIDUAL COACHING

One-to-one coaching sessions are available for all ages and abilities. These can be booked directly through one of our coaches. Our coaches details and contact numbers can be found on our website.

GROUP COACHING PROGRAMME

Junior courses run during the school term and are led by our approved team of coaches. Courses range from Mini Reds for 3 year olds and over, helping to develop the basics of the game, co-ordination and balance, right through to the Elite players for those playing full tennis with a mind to compete in tournaments.

Our latest Mini & Junior programme starts from Monday 9th September and runs for 14-weeks. There are various sessions for ages 3-18, all abilities and on various days of the week. Don't worry if you have missed a week or two, you can still book up and pay a reduced rate.



Football

Is your child dreaming of playing for England one day or even our very own Luton Town FC?

If so, then our sessions are a great place to start. We have fun children's group sessions on Saturdays, group coaching sessions on Mondays, week long coaching during school holidays and individual coaching is also available.

All sessions generally take place on our state-of-the-art 3G artificial turf pitches.



SATURDAY MORNING FOOTBALL

Open to both boys and girls of all levels
£4 members, £4.70 non-members

3-4 Year Olds 9-10am (outdoor)

It's the perfect introduction to the sport. Our staff will make sure your child has as much fun as possible while teaching them a few simple rules of the game. Indoors during winter.

5-6 Year Olds 9-10am (outdoor)

This session is fine for complete beginners in this age category as well as those moving up from the 3-5 year olds session.

7-9 Year Olds 10-11am (outdoors)

Each session is managed by an inspired member of staff who will take them through some fun warm-up games before playing small-sided matches.

10-13 Year Olds 10-11am (outdoors)

Each session includes warm-up games and small sided matches and is a great way for them to learn the rules of the game and interact with other children of similar ages.

MONDAY NIGHT FOOTBALL

Runs term to term.
£30 members, £36 non-members per course (price based on 6 weeks course)

These sessions will be run by our new FA level 2 coach Sam Simpson. You may know him from our Saturday morning football sessions. Sam also works for Luton Town FC as a academy/community coach and a scout.

3-5 years 4:15 - 5:15 in the Sportshall

5-7 years 5:15 - 6:15 on the 3G pitches (indoor provision for bad weather is available)

6 Week Course Outline

- Week 1: Team Activities
 - Week 2: Dribbling
 - Week 3: Passing
 - Week 4: Shooting
 - Week 5: Defending
 - Week 6: - Tournament (3-5 yrs)
- Fixture/Tournament against local team (5-7yrs)* *Subject to availability

WWW.VENUE360.CO.UK/KIDS-FOOTBALL

GIRLS ONLY FOOTBALL!

Keep a lookout on our website for girls only football!

GET YOUR FIRST SESSION FREE!
first time bookings only

WWW.VENUE360.CO.UK/TENNIS