

ENGLISH WITH **Tennis**

Join Us This Summer!

16th - 30th August 2025 (Ages 14yrs +)

Embark on an exciting journey of tennis discovery and skill development in the vibrant seaside town of Sidmouth. Whether you're a passionate player seeking to elevate your game or a beginner eager to learn, our afternoon tennis sessions promise an unforgettable experience filled with learning, camaraderie, and fun.

Don't miss out on this opportunity to combine language learning with tennis excitement. Contact us today to enroll in our English and Tennis program and embark on an unforgettable summer adventure in Sidmouth!

Unlock your potential on the tennis court with our exhilarating afternoon sessions following your English lessons. Dive into the world of tennis under the guidance of expert instructors and experience the thrill of the game amidst the stunning backdrop of Sidmouth's coastal beauty.



+44 (0) 1395 516754
www.sidmouth-int.co.uk

Why Tennis with Us?



Professional Coaching:

Our certified tennis instructors are dedicated to helping you reach your full potential on the court. Our personalised coaching approach ensures that you receive the guidance and support you need to succeed.



Comprehensive Training:

From mastering techniques to honing strategic gameplay, our afternoon tennis sessions cover all aspects of the game. Through a combination of drills, practice matches, and fitness exercises, you'll develop the skills and confidence to excel on the court.



Scenic Surroundings:

Immerse yourself in the natural beauty of Sidmouth as you play tennis against the backdrop of panoramic coastal views and lush green landscapes. The serene ambiance of our tennis facilities provides the perfect setting for a truly memorable tennis experience.

Afternoon Tennis Sessions

- **Dynamic Warm-Up:**
Start each session with a dynamic warm-up routine designed to prepare your body and mind for the challenges ahead.
- **Skill Development:**
Focus on mastering essential tennis techniques, including strokes, footwork, and positioning, through targeted drills and exercises.
- **Strategy and Match Play:**
Learn tactical strategies and participate in friendly match play scenarios to enhance your understanding of game dynamics and decision-making on the court.
- **Fitness and Conditioning:**
Improve your agility, speed, and endurance with specialized fitness drills and conditioning exercises tailored to tennis-specific movements.



Sample Timetable

Week 1: 16th - 22nd August 2025

| Sat 16 | Sun 17 | Mon 18 | Tues 19 | Wed 20 | Thurs 21 | Fri 22 |
|-------------|---------------------------------|---------------|---------------|---------------|--|---------------|
| Arrival Day | Trial/ Assessment session | 9am-12.30pm | 9am-12.30pm | 9am-12.30pm | 9am-12.30pm | 9am-12.30pm |
| | | Classes | Classes | Classes | Classes | Classes |
| | | Lunch | Lunch | Lunch | Lunch | Lunch |
| | | 1.30pm-4.30pm | 1.30pm-4.30pm | 1.30pm-4.30pm | 1.30pm-4.30pm | 1.30pm-4.30pm |
| | | Classes | Tennis | Tennis | Excursion Leaving 1.30pm Returning 6pm | Tennis |

Week 2: 23rd - 29th August 2024

| Sat 23 | Sun 24 | Mon 25 | Tues 26 | Wed 27 | Thurs 28 | Fri 29 |
|--|----------------------------|--|---------------|---------------|--|---------------|
| Full day excursion Leaving 9.30am Returning 6pm | Match Play / Tournament | Bank Holiday Full day excursion Leaving 9.30am Returning 6pm | 9am-12.30pm | 9am-12.30pm | 9am-12.30pm | 9am-12.30pm |
| | | | Classes | Classes | Classes | Classes |
| | | | Lunch | Lunch | Lunch | Lunch |
| | | | 1.30pm-4.30pm | 1.30pm-4.30pm | 1.30pm-4.30pm | 1.30pm-4.30pm |
| | | | Tennis | Tennis | Classes (To make up for no classes on Monday) | Tennis |



Includes

- ✓ 30 hours of English lessons
- ✓ 18 hours of Tennis plus assessment and tournaments
- ✓ Host family accommodation
- ✓ Excursions
- ✓ Return transfers from Heathrow

YOUR DETAILS

Surname

First name

Date of birth

Gender

Nationality

First language

Email address

Telephone number

Tennis Skill Level: Beginner Intermediate Advanced

COURSE FEE (PER PERSON) Minimum of 4 students required for the course to run.

Course Fee: £2,350, includes 30 hours of English lessons, 18 hours of Tennis plus assessments and tournaments, standard accommodation, excursions, all transport requirements.

ACCOMMODATION SUPPLEMENTS (PER PERSON)

Select supplement (Adults only)

Homestay Executive +£120.00

Homestay Executive Shared +£80.00

Private bathroom supplement +£100.00

No homestay required.

We are able to recommend hotels, guest houses or cottage rentals.

Please inform us of any special dietary or medical requirements, when booking.

TRANSPORT

FREE Sidmouth International School Bus (Saturdays, Heathrow Airport only, flights must arrive before 15.30; flights must depart UK after 13.45) When we confirm your booking we will send full information about when and where you should meet our representative on arrival.

Free bus required School car (ask for details) Own transport arranged

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