



For Juniors aged 11 to 15 years

Monday 8th – Friday 12th July, 1 – 4pm

Monday 15th – Friday 19th July, 1 – 4pm

Monday 22nd – Friday 26th July, 1 – 4pm

Monday 29th July – Friday 2nd August, 1 – 4pm

	Monday	Tuesday	Wednesday	Thursday	Friday
1 – 2.30pm	Tennis	Tennis	Tennis	Tennis	Tennis
2.30 – 3pm	Break – smoothie in the Juice Bar				
3- 4pm	Strength and conditioning	Teen Spin	Teen Olympic Weightlifting	Strength and conditioning	Kids CIRCUITS
Location	Gym or Lime Tree Lawn	Spin Studio	Gym or Lime Tree Lawn	Gym or Lime Tree Lawn	Gym or Lime Tree Lawn

Half-day teen sports camps are jam-packed with tennis and different fitness sessions. Join us for a range of sports with professional instructors to learn skills, build fitness and make new friends.

Members £40 | Guests £45 (includes smoothie)

Maximum 8 spaces each day

NOTE: programme subject to change due to availability of coaches and facilities.

Book now at Reception or give the team a call on 020 8480 4200

For more information please contact Ana Leal, Family Activities Manager at ana.leal@roehamptonclub.co.uk