

ADULT TENNIS ACTIVITIES AT CLUB

Group	Time	Cost	Description
TURN UP & PLAY TENNIS ACTIVITY	Thursdays 9am-12pm – *NEW EXTENDED TIME*	Free with Membership	This is an adult tennis session, free with your membership. Come and meet other members and enjoy a morning of tennis.

ALL STARS TENNIS ADULT COACHING

Lesson	Time	Cost	Description
Individual Adult Lesson (>11 years)	Privately Booked	£35/hour	Private 1:1 coaching – the quickest way to improve.
Adult Joint Lesson (>11 years)	Privately Booked	£30/hour	Private 1:2 coaching – share a fun lesson with a friend.
Adult Beginners	TBC	£10/session TERM SIGN UP	This is a group designed for those that have never played before, or for those that have not played tennis for a number of years. Courses are designed to give a sound grounding in the basics of the game, covering the technique for all of the strokes, using drills for the fast development of skills. Players are (re) introduced into the game in a fun environment, whilst learning quickly and confidently. Maximum 8 per group.
Adult Improvers	TBC	£10/session TERM SIGN UP	This is for those players who have the basic skills and would like to improve their game - both technically and tactically. Courses consolidate the fundamental technique of every stroke, and also cover game structure, tactics and match play. In addition, sessions draw many sporting skills together, such as movement, flexibility and balance, speed and agility, strength and agility, self confidence and fitness, all of which are key elements in the game. Maximum 8 per group.
Mixed Social Coaching	Tuesdays 9-11am Thursdays 7-9pm	£5/session	This is a group designed for players that wish to play social tennis, with the added benefit of coaching hints and tips, both technical and tactical.

FUTURE TERM DATES:

SUMMER TERM 2011:

WEEK BEGINNING 2ND MAY 2011 – WEEK BEGINNING 18TH JULY 2011

HALF-TERM – WEEK BEGINNING 30TH JUNE 2011 (NO GROUPS)

AUTUMN TERM 2011:

WEEK BEGINNING 5TH SEPTEMBER 2011 – WEEK BEGINNING 12TH DECEMBER 2011

HALF-TERM – WEEK BEGINNING 24TH OCTOBER 2011 (NO GROUPS)