

# Adult Tennis Coaching Programme Spring Term 2018

January 9<sup>th</sup> – February 9<sup>th</sup> (5weeks)

February 20<sup>th</sup> – March 30<sup>th</sup> (6weeks)

## Mixed Adult

Ladies & Men's all abilities  
Tuesday 7 – 8pm

## Ladies Beginner

Starting out in tennis  
Wednesday 9.15 – 10.15am

## Ladies Intermediate

Play club tennis  
Wednesday 10.45–11.45am

## Ladies Team

Play in a club team  
Wednesday 12.00 – 1pm

## Cardio Tennis

Ladies & Men's all abilities  
Improving court fitness  
Thursday 7 – 8pm  
Friday 12.30 – 1.30pm

Sign up – see courses

## Team Training

Play in a club team  
Friday 6.30 – 7.30pm

With coach last Friday  
of month. £3.

Term Prices ( 6weeks)  
Members £30 - Non Members £36  
Per session  
Members £6 – Non Members £7

### Upcoming Events

Bank Holiday Club Afternoon Jan 1<sup>st</sup>  
All Stars Tournament – March 18<sup>th</sup>  
Drawn Partners March 24<sup>th</sup> & 25<sup>th</sup>