

ADULT COACHING PROGRAMMES

COACHING PROGRAMMES	DAY	TIME	UNIT PRICE	TERM PRICE
<p>Tennis Aerobics (4-8 per group) A fast paced drilling session with a focus on getting that weekly workout, while participating in some fun drills and games on the tennis court.</p>	Wed	6:30 – 7:30	\$12.50	
<p>Doubles Specialists (4-6 per group) Work on essential doubles shots, positioning, tactics and team work. Ideal for any interclub, midweek or business house team looking to further their skills and gain that edge on the competition. Ideal for interclub, mid week, or business house teams.</p>				The Double Specialists runs for an hour and is \$12.50 per person. To arrange a time for your group or interclub team please contact Carron Thompson on the number below.
<p>Group Coaching (4-6 per group) With small groups of 4 to 6 players, these sessions are designed to the level of the group. Sessions will cover technique, shot selection, court positioning and tactics.</p>				Group Coaching runs for an hour and is \$12.50 per person. To arrange a time for your group please contact Carron Thompson on the number below.
<p>Privates (1-2 per group) Designed to suit your individual game and style, private lessons are the best way to improve your technique, consistency, strengthen any weaknesses and learn new tactics.</p>				Individual Private lessons are \$45 per hour and \$25 per ½ hour. Private lessons for 2 people are \$25 each per hour and \$15 each per ½ hour.

To register or for more information on the above programmes please contact:

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