

ADULT COURSES 2012

Adult courses are a fun way to improve your tennis by taking group instruction from a qualified coach and mixing in with players of a similar standard.

BEGINNERS' COURSE: 6 weeks

Ideal for anyone taking up tennis for the first time or returning to play after a long break.

Game based learning with emphasis on basic stroke production, including a technical look at forehand/backhand groundstrokes, serve/return of serve, volleys and smashes. Various games and points based scenarios are played to introduce basic tactics and scoring.

TUESDAYS 7-8pm 6 weeks: £60	DATES	THURSDAYS 8-9pm 6 weeks: £60	DATES
	10 Jan – 14 Feb		12 Jan – 16 Feb
	21 Feb – 27 Mar		23 Feb – 29 Mar
	03 Apr – 08 May		05 Apr – 10 May
	15 May – 26 June (except 5 June)		17 May – 28 June (except 7 June)
	03 July-7 Aug		05 July – 09 Aug
	14 Aug – 18 Sept		16 Aug – 20 Sept
	25 Sept – 30 Oct		27 Sept – 01 Nov
	06 Nov– 11 Dec		08 Nov – 13 Dec

IMPROVERS' COURSE: 6 weeks

Players at this standard will have practised their tennis for some months and have basic knowledge of tennis techniques and tactics. As a guide, you should have sufficient playing experience to be able to: consistently rally to 10 from the baseline using forehands and backhands, serve overarm, volley and smash with 60% efficiency.

Make sure you are of the appropriate playing standard before you sign up by speaking to a coach.

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Book onto a course

Book on a course with payment at Reception, or credit card payment by phone. Book early to avoid disappointment. Bookings for part course (eg 3 weeks) are charged per session(s) plus £12 administration fee.

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