

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

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.

IMPROVERS' COURSE

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.

BEGINNERS	Date	Duration	Cost
MONDAYS 7-8pm	16 Apr - 14 May (excl. 07 May)	4 weeks	£48
	25 June - 23 July	5 weeks	£60

TUESDAYS 6-7pm	31 July - 28 Aug	5 weeks	£60
	4 Sep - 25 Sep	4 weeks	£48

TUESDAYS 8-9pm	22 May - 19 Jun (excl. 05 June)	4 weeks	£48
	26 June - 24 July	5 weeks	£60

THURSDAYS 7-8pm	19 Apr - 17 May	5 weeks	£60
	24 May - 21 Jun	5 weeks	£60
	28 Jun - 26 Jul	5 weeks	£60
	02 Aug - 30 Aug	5 weeks	£60

IMPROVERS	Date	Duration	Cost
MONDAYS 7-8pm	21 May - 18 June (excl 04 June)	4 weeks	£48
	30 July - 20 Aug	4 weeks	£48

TUESDAYS 7-8pm	17 Apr - 15 May	5 weeks	£60
	22 May - 19 Jun (excl. 05 June)	4 weeks	£48
	26 Jun - 24 Jul	5 weeks	£60
	31 Jul - 28 Aug	5 weeks	£60

THURSDAYS 6-7pm	02 Aug - 30 Aug	5 weeks	£60
	6 Sep - 27 Sep	4 weeks	£48

THURSDAYS 8-9pm	24 May - 21 Jun	5 weeks	£60
	28 June - 26 July	5 weeks	£60

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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