

ADULT DROP-IN 2012

As the name suggests no need to book in advance! Register at Reception approx. 45 mins before the session to secure your place. Sessions cater for players of specific standards and are ideal if you:

- are trying tennis for the first time, or it's been a while
- want an extra coach led session to compliment a course
- want to attend coach led sessions without committing to regularly attend

Numbers are limited so there is an appropriate ratio of players to coaches. First come first served!

Session	Day	Time	Dates Run	Playing standard	Cost
Drills & Social: <i>*Coffee Mornings</i>	Monday	10am – 12pm	09 Jan - 26 Nov	Beginner	£15
	Wednesday	10am – 12pm	11 Jan - 28 Nov	Improver	£15
	Friday	10am – 12pm	13 Jan - 30 Nov	Advanced	£15
Drills & Social	Wednesday	7 – 9pm	30 May – 18 Jul	Advanced	£16
Cardio Tennis	Saturday	9 – 10am	03 Mar - 01 Dec	n/a	£12
Team Practice	Saturday	12 – 2pm	07 Jan - 24 Mar 03 Nov – 08 Dec	Intermediate/Advanced	£15
		12 – 1.30pm	31 Mar – 27 Oct	Improver/Intermediate	£14
		1.30 – 3pm		Intermediate/Advanced	
Drills & Social: <i>Brunch</i>	Sunday	10am – 12pm	08 Jan -09 Dec	Improver/Intermediate	£16
Drop-in Group Lesson	Sunday	1 – 2pm	25 Mar - 21 Oct	Beginner	£13
		2 – 3pm	25 Mar - 21 Oct	Improver	£13
Social Match Play	Sunday	3 – 5pm	25 Mar - 21 Oct	Intermediate/Advanced	£14
		1 – 4pm	08 Jan – 18 Mar		

*Excluding school holidays/junior camp weeks, bank holidays except by prior arrangement with coach

Cardio Tennis	<i>1 hour cardiovascular workout that includes warm up, cardio workout & cool down</i>
Team Practice	<i>1½ / 2 hours coach led themed drills and tactical doubles play, plus coach assessment</i>
Drills & Social	<i>1 hour coach led drills plus 1 hour mix in & play, followed by refreshments on us</i>
Drop-in Group Lesson	<i>Informal group lesson, ideal if you're thinking about signing up for a course</i>
Social Match Play	<i>1 hour coach led drills followed by mix in & play social tennis</i>

Minimum number of attendees to run a session is 3

Not sure what standard you play to? Ask a coach.

You (and other players) will benefit most from a tennis session by playing in at the appropriate standard. As its often difficult making an objective self-rating of your playing standard, we recommend you ask a coach to decide for you.

Will to Win Hyde Park

South Carriage Drive, London W2 2UH
t: 020 7262 3474
e: hydepark@willtowin.co.uk