

SPRING Term 2010 Adult Timetable



DAY	COURSE/DESCRIPTION	TIME	MEMBER	NON MEMBER	LEVEL
Monday	Improving Strokes & Tactical Development An hour of coaching designed to Improve technique to develop consistency of all strokes and shot production for singles & doubles. Followed by matchplay.	9.30 – 11.00am	£6	£16	4/3/2
	Stroke & Tactical Development Implementing core technical skills to produce effective tactical patterns of play for singles and doubles.	7.00 – 8.30pm	£9	£19	3/2/1
Tuesday	AD FAB - High energy tennis games & drills Designed to assist in improvement of all round fitness whilst solidifying tennis specific skills	9.30 – 10.45am	£6	£16	4/3/2
	AD FAB - High energy tennis games & drills Designed to assist in improvement of all round fitness whilst solidifying tennis specific skills	8 - 9pm	£6	£16	4/3/2
Wednesday	AD FAB - High energy tennis games & drills Designed to assist in improvement of all round fitness whilst solidifying tennis specific skills	9.30 – 10.45am	£6	£16	4/3/2
Thursday	Drills, matchplay and coffee morning Half an hour of warm-up drills with a coach followed by match play and coffee.	9.30 – 11am	£4	£14	4/3/2
	Club Night Social matchplay for adult members.	7.00 – 9.00pm	FREE	N/A	4/3/2/1
Friday	AD FAB - High energy tennis games & drills Designed to assist in improvement of all round fitness whilst solidifying tennis specific skills	9.30-10.45am	£6	£16	4/3/2
Saturday	Improving Stroke & Tactical Development Improving technique to develop consistency of all strokes. Extending knowledge of court positioning and shot selections for singles & doubles.	10.00–11.00am	£6	£16	3/2

DRILLS, MATCHPLAY & LUNCH DATES

Thursday 14th January 9.30 – 1pm - Monday 1st February 9.30 – 1pm - Monday 8th March 9.30 – 1pm

Friday 29th January 7 – 9.30pm - Sunday 28th February 10am – 1pm - Friday 26th March 7 – 9.30pm.

ORDER OF PLAY - Tactical drills, coffee/drinks, coach organised matchplay followed by lunch or evening nibbles

£15.00 members / £20.00 Non-members –Non-Members New Year offer: Attend a January Drills & Matchplay at members cost

Level 4 - For members who are new to tennis or have had a break from the game. You are learning and developing the basic shots; you are improving your consistency and can rally with a slow ball.

Level 3 - For members who enjoy playing a social game of doubles or singles. You can demonstrate basic shot techniques; you can serve with consistency and rally with a slow to medium pace ball maintaining 6 + shots.

Level 2 - For members who can serve with consistency, direction and spin. You can rally for 12 + shots and are able to tactically direct your shots. You are confident in both singles and doubles match play.

Level 1 - For members who are confident with implementing tactical patterns of play and able to use variations in direction, pace and spin on all shots. You are a competent match player and have an LTA rating.

Please contact Reception to book your place or telephone 01992 476880

Introductory Offer for Non-members – Non-members may participate in one session at the member's rate, thereafter the non members rate will apply. Please call to enrol. Places are limited. Courses may be cancelled if under subscribed.

Spring Term starts January 4th

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