

DAY	COURSE/DESCRIPTION	TIME	MEMBER	NON MEMBER	LEVEL
Monday	<b>Improving Strokes &amp; Tactical Development</b> Improving technique to develop consistency of all strokes. Extending knowledge of court positioning and shot selections for singles & doubles.	9.30 – 11.00am	£9	£19	4/3/2
	<b>Stroke &amp; Tactical Development</b> 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	<b>AD FAB - High energy tennis games &amp; drills</b> Designed to assist in improvement of all round fitness whilst solidifying tennis specific skills	9.30 – 10.45am	£6	£16	4/3/2
	<b>AD FAB - High energy tennis games &amp; drills</b> Designed to assist in improvement of all round fitness whilst solidifying tennis specific skills	8 - 9pm	£6	£16	4/3/2
Wednesday	<b>AD FAB - High energy tennis games &amp; drills</b> Designed to assist in improvement of all round fitness whilst solidifying tennis specific skills	9.30 – 10.45am	£6	£16	4/3/2
	<b>Team player practice session</b> For Legends team and match players. The drills session is designed to develop tactics for singles and doubles.	7.00 – 8.30pm	£9	£19	2/1
Thursday	<b>Drills, matchplay and coffee morning</b> Half an hour of warm-up drills with a coach followed by match play and coffee.	9.30 – 11am	£4	£14	4/3/2
	<b>Club Night</b> Social matchplay for adult members.	7.00 – 9.00pm	FREE	N/A	4/3/2/1
Friday	<b>AD FAB - High energy tennis games &amp; drills</b> Designed to assist in improvement of all round fitness whilst solidifying tennis specific skills	9.30-10.45am	£6	£16	4/3/2
Saturday	<b>Improving Stroke &amp; Tactical Development</b> 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

**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.

**Summer term starts week beginning April 20<sup>th</sup>**

**Please contact Reception to book your place or telephone 01992 448650.**

**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.

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