

| DAY       | COURSE/DESCRIPTION  | TIME            | MEMBER | NON MEMBER | LEVEL |
|-----------|---|-----------------|--------|------------|-------|
| Monday    | <b>Improving Strokes &amp; Tactical Development</b><br>Improving consistency of all strokes while extending knowledge of court positioning and shot selections for singles & doubles.<br>1 hour coaching followed by half an hour of social matchplay | 9.30 – 11.00am  | £7     | £17        | 4/3   |
|           | <b>Tactical Drills &amp; Technical Skills</b><br>High energy drills designed to improve all round fitness and tactical ability while developing understanding of technical skills.  | 7.00 – 8.30pm   | £11    | £21        | 3/2/1 |
| Tuesday   | <b>AD FAB - Burn while you learn</b><br>High energy cardio drills and games designed to develop all round fitness, burn calories and solidify tennis specific skills.   | 9.30 – 10.45am  | £7.50  | £17.50     | 4/3/2 |
|           | <b>AD FAB - Burn while you learn</b><br>High energy cardio drills and games designed to develop all round fitness, burn calories and solidify tennis specific skills.   | 8 – 9pm         | £7     | £17        | 4/3/2 |
| Wednesday | <b>AD FAB - Burn while you learn</b><br>High energy cardio drills and games designed to develop all round fitness, burn calories and solidify tennis specific skills.   | 9.30 – 10.45am  | £7.50  | £17.50     | 4/3/2 |
| Thursday  | <b>Matchplay and Coffee morning</b><br>Half an hour warm-up with a coach followed by an hour of social matchplay & coffee.  | 9.30 – 11am     | £5     | £15        | 4/3/2 |
|           | <b>Club Night</b><br>Organised social matchplay for adult members.  | 7.00 – 9.00pm   | FREE   | N/A        | All   |
| Friday    | <b>AD FAB - Burn while you learn</b><br>High energy cardio drills and games designed to develop all round fitness, burn calories and solidify tennis specific skills.   | 9.30 – 10.45am  | £7.50  | £17.50     | 4/3/2 |
| Saturday  | <b>Tactical Drills &amp; Technical Skills</b><br>High energy drills designed to improve all round fitness and tactical ability while developing understanding of technical skills.  | 10.00 – 11.00am | £7     | £17        | 3/2/1 |

### DRILLS, MATCHPLAY AND LUNCH SESSIONS – SUMMER DATES

**MAY: Monday 10th 9.30am – 1pm & Sunday 23rd 10 – 1pm**

**JUNE: Thursday 10th 9.30am – 1pm & Sunday 20th 10am – 1pm**

**Members = £15.00 per session, Non-Members = £20.00 per session**

**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 01992 476880**

Places are limited, Under-subscribed sessions may be cancelled.

E-mail us: [play@legendstennis.co.uk](mailto:play@legendstennis.co.uk) Website: [www.legendstennis.co.uk](http://www.legendstennis.co.uk)

**Introductory Offer for Non-members: Your first session at the member's rate**