

Adult Coaching Programme 2019

Beginner	Designed to get payers started in tennis	Saturday 1pm – 2pm Drop in session Members £5, Non-members £7	For individual, couples, small group or family coaching sessions at any level tailored to your needs please contact Nigel as shown below.
Novice/ Rusty Racket Tennis	This session has the emphasis on developing play Club plays follows	Friday 7pm – 8pm Drop in session Members £5, Non-members £7	
Improver	Aimed at improving technical & tactical play	Friday 7pm – 8pm Drop in session Members £5, Non-members £7	
Advanced	Aimed at improving technical & tactical play	Saturday 10am – 11am Drop in session Members £5, Non-members £7	
Heavy Hitting Drills	High impact drills session	Monday 6.30pm – 8.00pm	

For more details please contact Nigel Allingham on 07432 846652 or e-mail allinghamtennis@btinternet.com