

Adult Coaching Cuckfield Tennis Club Summer 2022



ADULT BEGINNER TENNIS - For anyone new to tennis and wanting to pick up the fundamental skills required to play and give you confidence to get out on court.

WEDNESDAY 18.15-19.15	Block 1: 27/4, 4/5, 11/5, 18/5, 25/5 Block 2: 8/6, 15/6, 22/6, 29/6, 6/7	£50 / block
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ADULT DRILLS - Improver session for confident tennis players. Drills to put you through your paces, covering technical and tactical aspects of the game. Lots of hitting, scenarios and point play.

WEDNESDAY 19.15-20.15	Block 1: 27/4, 4/5, 11/5, 18/5, 25/5 Block 2: 8/6, 15/6, 22/6, 29/6, 6/7	£50 / block
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RUSTY RACKETS - Five sessions covering the pillars of the game to get back on court after a while out, or a chance to modernise your technique before the summer season.

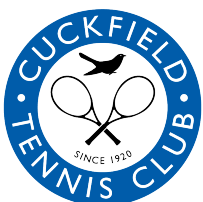
MONDAY 18.45-20.00	Dates - 25/4, 9/5, 16/5, 23/5, 30/5	£60 / 5 week
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CARDIO TENNIS - A fun and dynamic 'aerobic' style tennis session. Ability does not matter, hit and run and have a go. To sign up, contact Patrick to be added to the WhatsApp group.

FRIDAY 12.00-13.00	Every Friday of the school term	£10 / session
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CLUB COACHING SESSIONS - See club website for dates and times. Sessions vary between member only coaching sessions and pay and play sessions, which are open to anyone.

See Website for details. Member only coaching - Free / Pay and Play - £7 payable on day.



To sign up or for more information, please contact Patrick:

patrick@egtenniscoaching.com