



# Adults Tennis Program

## Ladies Intermediate Session

The session aims to improve players' technique and to gain better understanding of the doubles through fun drills and matchplay.

Day	Time	Fee	Coach
Tuesday	7pm - 8.30pm	£10	Faraz

## Mens Team 1 Training

A coach-led session for all men team 1 players. The coach will assist with tactics for matchplay in a game-based lesson.

Day	Time	Fee	Coach
Wednesday	7pm - 8.30pm	£10	Faraz

## Ladies Team 1 Training

This session is for ladies team 1 players. Its focus is to develop tactical awareness and mental focus with high impact training drills and matchplay.

Day	Time	Fee	Coach
Thursday	7pm - 8.30pm	£10	Faraz

## Ladies Upper-Intermediate Session

This session will help players improve their doubles play. Each session is fun and competitive with the coach setting up various drills to help with doubles tactics.

Day	Time	Fee	Coach
Friday	9am -10.30am	£10	Flavia

## Ladies Improver Session

Suitable for regular players who are competent in most areas of the game but wish to gain more tactical knowledge in doubles.

Day	Time	Fee	Coach
Friday	10.30am - 12pm	£10	Flavia

All coach-led sessions will run only when a minimum of 3 players attend and they will last 1 hour only.

**For more details please contact: Flavia on 07786393951 or Faraz on 07801400670**