

Adult Coaching Programme

Weekly Coaching Timetable



Day	Time	Description	Non Member	Member
Mon	09:30	Tactics and Strokes Drills and practices to develop technical consistency, tactical knowledge and shot selection. (30 minutes free social play for members follows the session)	£15.00	£9.50
	19:00	Club Team Training (Term time only) For adult members who represent or are interested in representing the club teams. The session will focus on improving match skills for both doubles and singles.	N/A	£9.50
	19:00	Improvers 6 Week Course (Term time only) Drills and practices to develop technical consistency, tactical knowledge and shot selection.	£90.00	£57.00
Tues	09:30	Beginners Tennis Xpress 6 week course (Term time only) Working on basic shot technique, court positioning, key tactics for singles and doubles with fun games.	£90.00	£57.00
	19:00	Cardio Tennis (Term time only) High energy session to burn calories & hit a lot of balls.	£15.00	£9.50
	20:00	Improvers 6 Week Course (Term time only) Drills and practices to develop technical consistency, tactical knowledge and shot selection.	£135.00	£85.50
Wed	10:30	Improvers 6 Week Course (Term time only) Drills and practices to develop technical, consistency, tactical knowledge and shot selection.	£90.00	£57.00
	19:00 – 21:00	Members Club Night Social doubles and singles match play for adult members with a coach on hand to get you organised and play in.	N/A	FREE
Thur	09:30	Tactics and Strokes Drills and practices to develop technical consistency, tactical knowledge and shot selection. (30 minutes free social play for members follows the session)	£15.00	£9.50
	19:00	Improvers 6 Week Course (Term time only) Drills and practices to develop technical consistency, tactical knowledge and shot selection.	£90.00	£57.00
Fri	08:00	Cardio Tennis 3 week course High energy session to burn calories & hit a lot of balls.	£45.00	£28.50
	9:30	Beginners Tennis Xpress 6 week course (Term time only) Working on basic shot technique, court positioning, key tactics for singles and doubles with fun games.	£15.00	£9.50
Sat	09:00	Cardio Tennis High energy session to burn calories & hit a lot of balls.	£15.00	£9.50
	09:00	Beginners Tennis Xpress 6 week course (Term time only) Working on basic shot technique, court positioning, key tactics for singles and doubles with fun games.	£90.00	£57.00
	10:00	Tactics and Strokes Drills and practices to develop technical consistency, tactical knowledge and shot selection.	£15.00	£9.50

You can book on to any of the tennis sessions on our website www.legendstennis.co.uk
If you have any questions you can talk to us on 01992 476880 | play@legendstennis.co.uk

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