

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)	£12.50	£8.50
	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.	£12.50	£8.50
	19:00	Tactics and Strokes (Term time only) Drills and practices to develop technical consistency, tactical knowledge and shot selection.	£12.50	£8.50
Tues	19.00	Improving Tactics and Strokes Drills and practices to develop technical consistency, tactical knowledge and shot selection.	£12.50	£8.50
	20:00	Beginners Tennis Xpress 6 Week Course (Term time only) Working on basic shot techniques, court positioning, key tactics for singles and doubles with fun games.	£60.00	N/A
Wed	09.30	Beginners Tennis Xpress Drop In Working on basic shot techniques, court positioning, key tactics for singles and doubles with fun games.	£12.50	£8.50
	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)	£12.50	£8.50
	19.00	Cardio High energy session to burn calories & hit a lot of balls.	£12.50	£8.50
Fri	09:30	Cardio Tennis Tennis (Term time only) High energy session to burn calories & hit a lot of balls.	£12.50	£8.50
Sat	09:00	Cardio Tennis High energy session to burn calories & hit a lot of balls.	£12.50	£8.50
	10:00	Tactics and Strokes Working on basic shot techniques, court positioning, key tactics for singles and doubles with fun games.	£12.50	£8.50

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](tel:01992476880) | play@legendstennis.co.uk

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