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**ADULT TENNIS PROGRAM April- September 2022**

**MEMBERS ONLY**

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| DAY | SESSION | TIME | FORMAT | COST | LEVEL | CONTACT |
| ANY DAY  | SINGLES & DOUBLES LADDERS | ANYTIME | SIGN UP AND ARRANGE YOURSELF | FREE | ALL LEVELS | SARAH |
| MONDAY | IMPROVERS COACHING | 6.30-8.00pm | FULLY COACHED(INDOORS) | £13 | IMPROVERS | STEVE |
| BEGINNERS COACHING | 8.00-9.00pm | FULLY COACHED(INDOORS) | £12 | BEGINNERS | STEVE |
| SOCIAL MIX-INDOUBLES | 7.00 -8.00pm | COACH LED (OUTDOORS) |  FREE |  All LEVELS | STEVE |
| TUESDAY | WHEELCHAIR TENNIS | 5:30-7.00pm | FULLY COACHED(INDOORS) | £9 |  IMPROVER | STEVE |
| SOCIAL MIX-IN DOUBLES | 7.00-9.00pm | NOT COACH LED(OUTDOORS) | FREE | INTERMEDIATE | RECEPTION |
| WEDNESDAY | IMPROVERS | 9.00-12:00pm | FULLY COACHED(INDOORS) | £10per hour | IMPROVERS | STEVE |
| WALKING TENNIS | 11.00-12.00 | FULLY COACHED(INDOORS) |  £2/3 | ALL LEVELS | STEVE |
| THURSDAY | EASY DRILLS | 12.00-1.00pm | COACH LED (INDOORS) | £8 | ALL LEVELS | STEVE |
| MEN’S TEAM TRAINING | 8.00-9:30pm | FULLY COACHED(INDOORS) | £11 | TEAM MEN ONLY | STEVE/DAVE |
| FRIDAY | TOUCH TENNIS | 11.00- 12.00pm | NOT COACH LED(INDOORS) | £2 | ALL LEVELS | RECEPTION |
| SATURDAY | CARDIO TENNIS | 8.00-9.00am | COACH LED (INDOORS) | £10 | ALL LEVELS | STEVE |
| EASY DRILLS | 8.00-9.00am | COACH LED (INDOORS) | £10 | ALL LEVELS | STEVE |
| IMPROVER PLUS | 9.00-10.30am | FULLY COACHED(INDOORS) | £12 | IMPROVERS | STEVE |
| SOCIAL MIX-INDOUBLES |  3.00- 5.30PM | COACH LED(OUTDOORS) | FREE | ALL LEVELS | RECEPTION |

**CONTACTS: COACH STEVE BAUER: 07866 285177 or email:** **pershoretennis@hotmail.co.uk**

**SARAH:** **sebab64@yahoo.com** **RECEPTION:** **reception@pershoretennis.co.uk**

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