

## Adult Tennis Program

### September 2019 -April 2020

DAY	SESSION	TIME	FORMAT	MEMBER PRICE	NON MEMBER PRICE	LEVEL
<b>MONDAY</b>	Shot of the Week Forehand/Backhands	6.30 -7.30 pm	Fully Coached	£6.50	£9.00	Beginner/ Intermediate
	Social Doubles	7.00 - 9.00 pm	Not Coach Led	Free *	£5.00 *	All levels
	Cardio Tennis	7.30 - 8.30 pm	Coach Led	£6.50	£8.50	Intermediate Fitness
<b>TUESDAY</b>	Ladies C/D Team Training	11.00 - 12.30 pm	Fully Coached	Invitational		
	Wheelchair Tennis	6.00 - 7.00 pm	Fully Coached	£5.00		All Levels
	Mens Doubles	7.00 - 9.00 pm	Not Coach Led	Free *	Members only	All Levels
<b>WEDNESDAY</b>	Improvers	10.00 - 11.30 am	Fully Coached	£6.50	£9.00	Beginner/ Intermediate
	Ladies Team Training	7.00 - 9.00 pm	Fully Coached	Invitational		
<b>THURSDAY</b>	Easy Drills	12.00 - 1.00 pm	Coach Led	£6.50	£8.50	All Levels
	Cardio Tennis	7.00 - 8.00 pm	Coach led	£6.50	£8.50	Intermediate Fitness
	Mens Team Training	8.00 - 9.30 pm	Fully Coached	Invitational		
<b>FRIDAY</b>	Social Doubles	7.00 - 9.00 pm	Coach Led	Free *	£5.00*	All Levels
<b>SATURDAY</b>	Easy Drills	9.00 - 10.00 am	Coach Led	£6.50	£8.50	All Levels
	Improvers	1.30 - 3.00 pm	Fully Coached	£6.50	£9.00	Beginner/ Intermediate
	Social Doubles	3.00 – 6.00 pm	Coach Led	Free *	Members only	All Levels

\*Outdoor Light /Indoor court fees apply

**For all coaching enquires please email Steve:**  
[persshoretennis@hotmail.co.uk](mailto:persshoretennis@hotmail.co.uk)