



# ADULT WEEKLY COACHING



Ongoing except Bank Holidays

MONDAYS	WEDNESDAYS
<u>Mixed ability group</u> 7 - 8.30pm (6 week blocks)	<u>Mixed ability group</u> 7.30 – 9pm (6 week blocks)
Members <b>£15</b> ● Non-Members <b>£18</b> - or - (For 6 week block) Members <b>£72</b> ● Non-Members <b>£90</b>	



# LADIES RUSTY RACQUETS



Ongoing except Bank Holidays

WEDNESDAYS
<u>Beginners/Improvers</u> 10 - 11.30am
Members <b>£15</b> ● Non-Members <b>£18</b> - or - (For 6 week block) Members <b>£72</b> ● Non-Members <b>£90</b>



# RESTRINGING



**Professional stringing service**  
Tennis – Badminton – Squash

**FREE RACQUET CHECK AND 20% DISCOUNT WITH THIS FLYER!!**  
(Offer valid until 31<sup>st</sup> October 2022)

**START: Tuesday 6<sup>th</sup> September - Sunday 18<sup>th</sup> December**

Coaching term-time only, no classes during Whitsun half-term

Missed sessions can be made up on any other day.

(NOTE: Session times usually change each term depending on the demand and students' availability)

WEDNESDAYS	THURSDAYS	SUNDAYS
(●●) 4 - 5pm	(●●) 4 - 5pm	(●●) 9-10am <i>Beg/Impr.</i> (●) 9:30-10:30am <i>Inter/Adv</i>
(●●) Members <b>£150</b> ● Non-Members <b>£180</b> - or - (25% discount on full price if 2 or more sessions attended p/w) Members <b>£195</b> ● Non-Members <b>£240</b>		(For 1.5hr Inter/Adv.) (●●) Members <b>£225</b> ● Non-Members <b>£255</b> - or - Members <b>£281</b> ● Non-Members <b>£326</b>
(●●) 4 - 5:30pm		
(●) 5 - 6:30pm		(●) 10:30 - 12pm
(●●●) Members <b>£225</b> ● Non-Members <b>£255</b> - or - (25% discount on full price if 2 or more sessions attended p/w) Members <b>£337.50</b> ● Non-Members <b>£367.50</b>		



Learn the basics	Serve, rally and score	Develop a rounded game	Test your skills	Take your skills further
This is an introduction to tennis. Here, we'll help kids improve their balance, agility and co-ordination while teaching them about the sport we love. At this stage it's not about winning or losing, it's just getting to grips with the basics.	This will look a bit more like the tennis you know. You'll see overarm serves, rallies and volleys. Coaches will help children to further develop their co-ordination, balance and speed. We'll introduce relaxed competition here too.	Time to throw in some tactics, problem-solving, and guides to sportsmanship and leadership. At this stage children will know all of the rules and will be serving and returning in matches.	This is the big one. It's time for kids to play on full size courts. Now it's all about growing their game by fine tuning and refining the techniques they've learned so far.	Time to find your game. Playing on a full size court with the same size balls the pros use, kids will continue to explore different styles on the court, and start to choose their own.

Payment: BACS, CC, Cheque, Cash (Cheques payable to "Mr Ian Christopher Zellner")

Please complete booking form and return with payment to me at club, email or 21 Hoestock Road, Sawbridgeworth. CM21 0DZ

**FREE TRIAL WITH THIS FORM. CONTACT IAN TO BOOK.**