

Adult Tennis Coaching Programme - Spring 2019

Term Time Timetable (7th January - 7th April)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00						Tennis Induction All Levels Weekly (C-3) Cost: Nil	
09:30					Social Tennis Beginners + Weekly (C-1, C-2 & C-3) Cost: Nil		
10:00	Start-Rite Beginners-->Improvers 4-Week (C-1 & C-2) Cost: Nil	Drills & Points All Levels Weekly (C-3) Cost: £6/session	Double Tactics Intermediate Weekly (C-2 & C-3) Cost: £6/session	Drills & Points All Levels Weekly (C-3) Cost: £6/session			
10:30							
11:00							
11:30							
12:00						Play-Rite Improvers-->Intermediate 6-Week (C2 & C-3) Cost: £36	
12:30							
13:00							
13:30							
14:00							
14:30							
16:00							Social Tennis Beginners + Weekly Drop In (C-1 - C-3) Cost: Nil
16:30							
17:00							
17:30							
18:00							
18:30							
19:00	Doubles Drills & Points All Levels Weekly (C-1 & C-2) Cost: £6/session	Pro-Rite Intermediate & above 6-Week (C-2 & C-3) Cost: £54	Start-Rite Beginners-->Improvers 4-Week (C-1 & C-2) Cost: Nil	Team Practice Invitation Only Weekly (C-4-7) Cost: £1 to coach	Social Tennis Improvers + Weekly (C-1, C-2, C-3 & C-4) Cost: Nil		
19:30							
20:00							
20:30							

Adult Tennis Coaching Programmes Description

Tennis Induction	Start-Rite	Play-Rite	Drills & Points	Coach & Play	Double Tactics	Team
Social Tennis	Pro-Rite					

Level Progression: -->Beginners --> Improvers -->Intermediate --> Advanced/Team

Welcome Induction

Meet your Racquets Manager Nick Boys, coach Rachel Dubsky and other coaches, who will assess your tennis skills and guide you to the correct classes, sessions and courses to maximise your time at Club Towers. Cost: Nil.

Start-Rite

Start your tennis journey with our incredible monthly free course, whether you are returning or new to the sport. Over a 4-week period our coaches will transform your forehand, backhand, volleys and serve and make sure you are able to join in our social sessions by the end of the course. Cost: Nil.

Play-Rite

Following on from StartRite, this 6 week course will enhance your whole game. Your technique will be developed, yours tactics will become clearer, and your movement patterns smoother. You will be ready for box leagues and looking to play matches after this course. Cost: £36 for 6 weeks.

Pro-Rite

Our top level course aimed at our aspiring team players and above. Develop your style of play, learn top level professional techniques and hone them in a competitive arena. Cost: £54 for 6 weeks.

Drills & Points

An hour of intense movement and hitting to a specific weekly and monthly theme throughout each session. Then all put into point situations to finish the session. This will hurt the next day. Cost: £6.00 per session.

Doubles Drills & Points

An hour of intense movement and hitting to a specific weekly and monthly theme throughout each session. Then all put into point situations focused on doubles to finish the session. This will hurt the next day. Cost: £6.00 per session.

Double Tactics

Develop your doubles game with Racquets Manager Nick Boys and give your game the edge it needs. Cost: £6.00 per session.

Social Tennis

Come and mix in with other members, make new friends, play some competitive tennis. This is a member led session. Cost: Nil.

Team Practice Night

Want to play against other clubs in the leagues, speak to Nick Boys to get involved with the other serious team players at the club. Cost: £1.00 per session.

Box Leagues

Our internal singles and doubles competition for our racquets members. Arrange the matches at your convenience and the results can be put towards your ratings/ranking improvement. Cost: Nil.

**For further information or if you have any questions please email Nick Boys on nick.boys@clubtowers.com or call him on 07810 832774*