

Adult Group Coaching

Sep 9th – Dec 15th 2017



**'Pay as you Go' Sessions, no booking required
Just turn up on the day!
£10 member/£15 non-member per session**

Look out for our loyalty cards for all 'pay as you go' groups. Ask the coach

CARDIO SESSIONS

Group No.	Day	Time	Coach	Level	No. of weeks	Member Price	Non Member Price
1AC	Monday	9.00 – 10.00am	Andy/Kieran	Advanced	13	£130	£195
Pay as you Go	Wednesday	9.00 – 10.00am	Andy/Kieran	Please email & enquire	13	£10 per session	£15 per session
Pay as you Go	Wednesday	12 – 1pm	Kieran	Beginner	13	£10 per session	£15 per session
Pay as you Go	Thursday	9.00 – 10.00am	Andy/Kieran	Please email & enquire	13	£10 per session	£15 per session
Pay as you Go	Friday	9.00 – 10.00am	Andy/Stuart	Please email & enquire	13	£10 per session	£15 per session
Pay as you Go	Saturday	2.00 – 3.00pm	Ben/Kieran	All Levels	13	£10 per session	£15 per session
2AC	Saturday	8.00 – 9.00am	Rich/Beci	Advanced	13	£130	£195

BEGINNER/INTERMEDIATE

Group No.	Day	Time	Coach	Level	No. of weeks	Member Price	Non-Member Price
Pay as you Go	Saturday	1.00 – 2.00pm	Ben/Kieran	Beginner	13	£10 per session	£15 per session

INTERMEDIATE +/RUSTY RACKETS

Group No.	Day	Time	Coach	Level	No. of weeks	Member Price	Non Member Price
1AI	Monday	10.00 – 11.00am	Kieran	Intermediate	13	£130	£195
2AI	Monday	11.00 – 12.00pm	Kieran	Intermediate	13	£130	£195
Pay as you Go	Saturday	1.00 – 2.00pm	Ben/Kieran	Intermediate	13	£10 per session	£15 per session

ADVANCED

Group No.	Day	Time	Coach	Level	No. of weeks	Member Price	Non Member Price
IAA	Monday	1.00 – 2.30pm	Andy	Advanced	13	£182	£247
2AA	Tuesday	10.00 – 11.30am	Andy	Advanced	13	£182	£247
3AA	Tuesday	11.30 – 1.00pm	Kieran	Advanced	13	£182	£247
4AA	Wednesday	1.00 – 2.30pm	Andy	Advanced	13	£182	£247
5AA	Thursday	10.00 – 11.30am	Andy	Advanced	13	£182	£247
Pay as you Go	Saturday	3.00 – 4.00pm	Ben/Kieran	Advanced	13	£10 per session	£15 per session

ADULT TENNIS COURSES

Tennis Courses start from
Sat 9th Sep to Fri 15th Dec 2017
Inclusive 13-week programme.

These groups can be joined at any stage of the term, space permitting. Non-members more than welcome.

Not sure which group? Or you would you like to book onto a course?

Please email the coaching team

info@active-tennis.co.uk

All groups are played indoors during bad weather except those marked *

**PLEASE NOTE, MID WEEK COURSES
DO NOT RUN DURING**

HALF-TERM WEEK:
Mon 23rd Oct – Fri 27th Oct

**WEEKEND 'PAY AS YOU GO' GROUPS
WILL RUN EVERY WEEKEND**

WHICH GROUP IS FOR YOU?

CARDIO TENNIS: A high energy tennis workout, ball fed by coach to music. Great exercise for all fitness levels, little technical coaching.

BEGINNER: No or very little tennis experience. Technique, basic tactics, court positioning etc

INTERMEDIATE+/RUSTY RACKETS: Haven't played for years? Would like to get back into tennis or have at least 2 years playing experience and tactically aware.

ADVANCED: Very competent, playing in social and competitive matches.

Difference between 'Pay as you Go' sessions and Pre-paid courses.

A pre-paid course will generally have a smaller coach to pupil ratio, allocated indoor courts if needed and the level of all players will be of a very similar standard.

