

# Adult Group Coaching

23<sup>rd</sup> Apr – 13<sup>th</sup> July

MOST OF OUR GROUPS ARE INDOORS!



**'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

[active-tennis.co.uk](http://active-tennis.co.uk)

## Adult Group coaching info

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](mailto:info@active-tennis.co.uk)

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

HALF-TERM WEEK:

Mon 27<sup>th</sup> – Fri 31<sup>st</sup> May  
& Bank Holiday May 6<sup>th</sup>

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 of 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.

CARDIO SESSIONS						
Day	Time	Coach	Level	No. of weeks	Member Price	Non-Member Price
Monday	9.00 – 10.00am	Andy/Kieran	Please email & enquire	9	£10 per session	£15 per session
Wednesday	9.00 – 10.00am	Andy/Kieran	Please email & enquire	11	£10 per session	£15 per session
Wednesday	12.00 – 1.00pm	Kieran	Intermediate	11	£10 per session	£15 per session
Thursday	9.00 – 10.00am	Andy/Kieran	Please email & enquire	11	£10 per session	£15 per session
Friday	9.00 – 10.00am	Andy/Stuart	Please email & enquire	11	£10 per session	£15 per session
Saturday	2.00 – 3.00pm	Ben/Kieran	Please email & enquire	Every week	£10 per session	£15 per session
Saturday	8.00 – 9.00am	Rich/Beci	Advanced	Every week	£10 per session	£15 per session
BEGINNER						
Day	Time	Coach	Level	No. of weeks	Member Price	Non-Member Price
Monday	Evening After Easter	<b>Matt</b>	Beginner	11	TBC	TBC
Tuesday	12:30 – 1:30pm	Matt	Beginner	11	£10 per session	£15 per session
TBC	Evening After Easter	Matt	Beginner	TBC	TBC	TBC
INTERMEDIATE +/RUSTY RACKETS						
Day	Time	Coach	Level	No. of weeks	Member Price	Non-Member Price
Monday	10.00 – 11.00am	Kieran	Intermediate	9	£99	£144
Monday	11.00 – 12.00pm	Kieran	Intermediate	9	£99	£144
Tuesday	1:30 – 2:30pm	Matt	Intermediate	11	£10 per session	£15 per session
Saturday	1.00 – 2.00pm	Ben/Kieran	Intermediate	Every week	£10 per session	£15 per session
ADVANCED						
Day	Time	Coach	Level	No. of weeks	Member Price	Non-Member Price
Monday	1.00 – 2.30pm	Andy	Advanced	9	£135	£180
Tuesday	10.00 – 11.30am	Andy	Advanced	11	£165	£220
Tuesday	11.30 – 12:30pm	Kieran	Advanced	11	£10 per session	£15 per session
Wednesday	1.00 – 2.30pm	Andy	Advanced	11	£165	£220
Thursday	10.00 – 11.30am	Andy	Advanced	11	£165	£220

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

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

