

evolve adult coaching

The following programme will operate in the Hutt Valley during Term 1 2017

Term 1 2016: Monday 13 March – Thursday 13 April

Key: MP = Mitchell Park, UH = Upper Hutt Tennis Club



Skill development			
Tennis Xpress (beginners)	Days	Times	Term cost
An ITF initiative to teach adults using slower and lower bouncing balls. Learn basic stroke technique, tactics and rules of tennis in a 5 week course. Ratio 1:6	T (MP) F (MP)	7-8:30 PM 12-1:30 PM	\$120 (5 weeks)
Intermediate (2+ years)			
Build consistency on all strokes, develop understanding of tactical fundamentals in doubles and singles, warm up and down routines and match routines. Encourage interclub tennis. Ratio 1:6	T (MP)	1-2 PM	\$90 (5 weeks)



Performance			
Private Lessons	Days	Time	Cost
Structured to suit your individual game style. Let the coach know what you would like to improve and we will develop lesson plans based on your needs. Arrange a short or continuing series of lessons for maximum progress.	TBA	TBA	\$65 / hr \$37.50 / ½ hr
Team			
Volley confidence, serve placement, groundstroke consistency, doubles positioning, team tactics.	TBA	60-90mins	TBA

Fitness			
Cardio Tennis	Days	Time	Cost per session
This is a fun, social, group programme for all ages and abilities. Participants wear heart rate monitors, exercise to music, use Cardio Tennis balls and a variety of equipment, including agility ladders. The workout consists of a warm-up, cardio segment (drill-based and play-based activities) and a cool down. We highly recommend trying out this exciting initiative. Ratio 1:8	T (MP) F (UH)	12-1 PM 6:30-7:30 PM	\$15



For more information or to register contact:
Phone: (04) 479 1386 **Email:** evolvetenniscoaching@gmail.com

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Khandallah Tennis & Squash Club, 55 Delhi Crescent, Khandallah | PO Box 13746, Johnsonville 6440