

evolve adult coaching

The following programme will operate at the Khandallah Tennis & Squash Club:

Term 4 2017: Monday 16 October – Sunday 17 December (9 weeks)

Term 1 2018: Monday 29 January – Sunday 15 April (11 weeks)



Skill development			
Beginners (0-2 years)	Days	Times	10 wk cost
Build stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	M W Th	7:30-8:30pm 12-1pm	\$180 (1 day)
Intermediate (2+ years)			
Build consistency on all strokes, develop understanding of tactical fundamentals in doubles and singles, warm up and down routines, match routines. Encourage interclub tennis. Ratio 1:6	Th F	7-8:30pm 10:30am-12pm	\$240 (1 day)



Performance			
Advanced Training	Days	Time	10 wk cost
Build on tactical knowledge, develop 1-2 combinations, pre-match, during and post match routines to maintain emotional control. Flexibility, strength and speed. Ratio 1:6	TBA	90 mins	\$240 (1 day)
Interclub Team Training			
Volley confidence, serve placement, groundstroke consistency, doubles positioning, team tactics.	TBA	60-90 mins	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	W Th	7:30-8:30pm 10-11am	\$15

For more information or to register contact:

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