

# evolve adult coaching

The following adult coaching programme will operate at the Muritai Tennis 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 week cost
Build stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	W	7:30-8:30pm	\$180 (1 day)
Intermediate (2+ years)	Days	Times	10 week cost
Build consistency on all strokes, develop understanding of tactical fundamentals in singles and doubles, warm up and down routines, match routines. Encourage interclub tennis. Ratio 1:6	W	7:30-8:30 pm	\$180 (1 day)



Performance			
Interclub team training	Days	Time	Term cost
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	1:30-2:30pm	\$15

Private Lessons			
	Days	Time	Per Hour
Structured for your individual game style and skill level. Private lessons are a great way to make rapid progress and make changes in your game. We have tiered pricing based on the qualifications and experience of the coach.	W	TBA	Jakim \$65 Lewis \$60

**For more information or to register contact:**

**Phone:** (04) 479 1386 **Email:** [info@evolvetenniscoaching.co.nz](mailto:info@evolvetenniscoaching.co.nz)

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