

evolve adult coaching

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

Term 4 2024: Monday 14 October – Friday 20 December (10 weeks)

Term 1 2025: Monday 3 February – Friday 11 April (10 weeks)

Skill development			
Beginners (0-2 years)	Days	Time	10 wk cost
Build stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. 1 Coach:6 Players	M	6:15-7:15pm	\$250 (1 day)
	Tu	7:30-8:30pm	
	W	1-2pm 6:30pm-7:30pm 6:15-7:15pm	
Intermediate (2+ years)	Days	Time	10 wk cost
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	M	6:15-7:15pm	\$250 (60min/1 day)
	Th	6:15-7:15pm	
	F	7-8:30pm 11.30am-12.30pm	\$330 (90min/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	Contact Evolve to arrange	90 minutes	\$330 (1 day)
Interclub Team Training	Days	Time	10 wk cost
Volley confidence, serve placement, groundstroke consistency, doubles positioning, team tactics.	Contact Evolve to arrange	60-90 minutes	TBA

Private lessons	Days	Time	Per hour/half 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.	Contact Evolve to arrange	30-60 minutes	Head Coach \$85-90 / \$50-\$55 Senior Coach \$72.50-\$80 / \$45-\$47.50

For more information or to register contact:

Phone: (04) 479 1386 **Email:** info@evolveteniscoaching.co.nz

evolve tennis coaching

Khandallah Tennis & Squash Club, 55 Delhi Crescent, Khandallah | www.evolveteniscoaching.co.nz