

TENNIS COACHING

ADULT GROUP LESSONS

27th July – 13th September 2020

All Courses x 6 weeks - €90 for members / €110 for non-members

GROUP COACHING MONDAYS 27 th July – 7 th Sept	@ 6.30pm	LADIES BEGINNERS Learn the Basics
	@ 7.30pm	GENTS BEGINNERS Learn the Basics
	@ 8.30pm	INTERMEDIATES/ADVANCED Advanced shot making & Game play
DRILLS SESSIONS WEDNESDAYS 29 th July – 2 nd Sept	@ 7pm	IMPROVERS Next level shots and Drills
	@ 8pm	INTERMEDIATE/ADVANCED Drills sessions to improve your game
DROP-IN CLINICS FRIDAYS 7 th August – 11 th Sept	@ 7pm	IMPROVERS A new topic each week. You join in if relevant to you
	@ 8pm	INTERMEDIATE/ADVANCED A new topic each week. You join in if relevant to you
DOUBLES PLAY SUNDAYS 9 th August – 13 th Sept	@ 10am	LADIES - IMPROVERS An introduction to doubles play
	@ 11am	GENTS – IMPROVERS An introduction to doubles play
	@ 12pm	LADIES – INTERMEDIATE/ADVANCED Advanced doubles play
	@ 1pm	GENTS – INTERMEDIATE/ADVANCED Advanced doubles play

Beginners: Ideal for players new to the game of tennis as well as for those looking to refresh their technique

Improvers: Follow on course for beginners (Club Championships Grade C)

Intermediate/Advanced: League players (Club Championships Grade A and B)

For more information, to reserve your place or to get advice about the most suitable course for you, please contact John Austin at johnaustin@tenniscoach.ie or 086 8179553

*Please note: courses are subject to a minimum number of participants and course details may change.