

MORNING COACHING

Dendy Park Tennis Club

Breen Drive , Brighton East

Middle Brighton Tennis Club

30A Willansby Avenue, Brighton

TERM 3, 2022

ADULT COACHING AND MATCHPLAY

MONDAY TO FRIDAY MORNINGS

9.30AM - 11.00AM

PLUS "CARDIO WORKOUT TENNIS"

MONDAY TO FRIDAY MORNINGS

9.30AM - 11.00AM



ADULT COACHING AND MATCHPLAY

For beginner/intermediate type players. Includes 1 hour of coaching / 30 minutes of matchplay, fully organised.

Program covers stroke production, footwork, correct court etiquette and doubles tactics and strategy with a progression each term.

CARDIO WORKOUT TENNIS

1 hour of workout based tennis drills to keep that heart rate up.

WHEN:

Term 3, 2022 Starting Monday 11th July
Tuesday 12th July & Wednesday 13th July
Thursday 14th July & Friday 15th July

CHILD MINDING AVAILABLE

COST:

10 week term \$400

ATTENTION: GET IN EARLY AS NUMBERS ARE LIMITED

If you can't make a lesson and you let us know in advance, make-up lessons are available.

DEAN ELLIS

Registered High Performance Coach

p: 0419 542 012

e: deanellis@worldtennisaustralia.com

worldtennisaustralia.com

Please detach and send with money to confirm your spot to
32 Durrant St, Brighton, 3186. Or Telephone Dean Ellis 0419 542 012

Please find enclosed my payment and details to confirm my spot.

Name: _____

Address: _____

Telephone: _____

Mobile: _____

Day I prefer to come: _____

Email: _____