

MORNING COACHING

Dendy Park Tennis Club

Breen Drive , Brighton East

Middle Brighton Tennis Club

30A Willansby Avenue, Brighton

TERM 3, 2021

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:

Starting Monday 12th July, Tuesday 13th July,
Wednesday 14th July, Thursday 15th July
and Friday 16th July.

CHILD MINDING AVAILABLE

COST:

10 week term \$350

Cardio Tennis Only

\$25 per session

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: _____