

MORNING COACHING

Dendy Park Tennis Club

Breen Drive , Brighton East

Middle Brighton Tennis Club

30A Willansby Avenue, Brighton

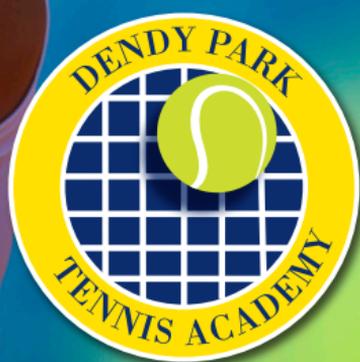
TERM 1, 2023

ADULT COACHING AND MATCHPLAY

Starting Friday 27th Jan,
Monday 30th Jan, Tuesday 31st Jan,
Wednesday 1st Feb and
Thursday 2nd Feb

9.30-11.00am

PLUS "CARDIO WORKOUT TENNIS"



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

1.5 hours of workout based tennis drills to keep that heart rate up.

WHEN:

Friday 27th Jan, Monday 30th Jan,
Tuesday 31st Jan, Wednesday 1st Feb
and Thursday 2nd Feb

CHILD MINDING AVAILABLE

COST:

Monday 9 week term \$360.00

Friday 11 week term \$440.00

Tuesday to Thursday 10 Week term \$400.00

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: _____