



'Creating a healthy and fair culture of competition'

CIRENCESTER ADULT AUTUMN COACHING PROGRAMME 2016 (12 Week Programme) Week Commencing MONDAY 5TH SEPT – Week Commencing Monday 28th NOVEMBER 2016 - Excluding Week Starting 24TH OCTOBER for Half Term

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11-12.30	09.30-11.00	09.30-11.00	10.00-12.00	09.00-10.30	09.00-10.30
ADULT INTERMEDIATE COURSE £120 (£144 NON MEMBERS)	ADULT INTERMEDIATE/ADVANCED COURSE £120 (£144 NON MEMBERS)	STARTER DRILLS AND POINT-PLAY OPEN SESSION £8 (£10 NON MEMBERS)	ADULT ROLL UP FREE	STARTER DRILLS £8 PAY AND PLAY (£10 NON MEMBERS)	ADULT DRILLS AND POINT-PLAY OPEN SESSION £8 (£10 NON MEMBERS)
19.30-21.00		09.30-11.00		10.30-11.00	
ADULT DRILLS AND POINT PLAY SESSION £8 (£10 NON MEMBERS)		ADULT INTERMEDIATE COURSE £120 (£144 NON MEMBERS)		SERVING CLINIC FREE FOR MEMBERS	
		18.00-21.00		11.00-12.30	
		MEMBERS CLUB NIGHT - FREE		ADULT INTERMEDIATE PLUS DRILLS/POINT-PLAY SESSION £8 PAY AND PLAY (£10 NON MEMBERS)	

All cheques made payable to ADS TENNIS

STARTER DRILLS SESSION (FRIDAY/WEDS)....A relaxed and confidence boosting drills session. Slightly 'toned down' pace and aimed at low team standard players or people coming back into the game after a lay off.

INTERMEDIATE/ADVANCED COURSE (TUESDAY 9.30-11.00)....A more intense coaching lesson looking at every aspect of the game. This course is geared towards experienced or team players looking for structured technical and tactical help.

ADULT INTERMEDIATE COURSE (MONDAY 11.00-12.30, WEDS 9.30-11.00).... A great course to fine tune your basic technical and tactical knowledge. Added to this will be plenty of situation tennis to gain point experience.

FREE SERVING CLINIC (FRIDAY 10.30-11.00).....This is a **free** session open to members looking to get some video analysis, advice and practice. All standards welcome.

ADULT INTERMEDIATE PLUS DRILLS AND POINT-PLAY (FRIDAY 11.00-12.30).....An intense and high cardio session aimed at team players. Basket drills and situation tennis, finished with point play.

ADULT OPEN DRILLS AND POINT PLAY (SATURDAY 09.00-10.30 and MONDAY 19.30-21.00).....Open Drills Session is available to all standards looking for a fun and energetic start to the weekend. Basket drills and point play for all.

PRIVATE LESSONS.....WITH ADAM -1 or 2 person/s £30 per hour. 4 people £40 per hour.

WITH JACK /JONNO– 1 person £25 per hour. 3-4 people £30 per hour.