



'Creating a healthy and fair culture of competition'

**CIRENCESTER ADULT COACHING PROGRAMME (11 Week Programme) Week Commencing Monday 2<sup>nd</sup> January – Week Commencing Monday 12<sup>th</sup> March 2012 - Excluding Week Starting 13<sup>th</sup> February**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	09.30-11.00		10.00-12.00	09.00-10.30	09.00-10.30
ADULT INTERMEDIATE COURSE £99 (£121 NON MEMBERS) (11 WEEK COURSE)	ADULT INTERMEDIATE/ADVANCED COURSE £99 (£121 NON MEMBERS) (11 WEEK COURSE)		ADULT ROLL UP <b>FREE</b>	STARTER DRILLS £7 PAY AND PLAY (£9 NON MEMBERS)	ADULT DRILLS AND POINT-PLAY OPEN SESSION £7 (£9 NM)
19.30-21.00				10.30-11.00	
ADULT DRILLS AND POINT PLAY SESSION £7 (£9 NM)				SERVING CLINIC <b>FREE</b>	
		18.00-21.00		11.00-12.30	
		MEMBERS CLUB NIGHT - FREE		ADULT INTERMEDIATE PLUS DRILLS/POINT-PLAY SESSION £7 PAY AND PLAY (£9 NM)	

All cheques made payable to ADS TENNIS

**STARTER DRILLS SESSION (FRIDAY 9-10.30)**....A relaxed and confidence boosting drills session. Add to this some doubles point-play plus a work out, this is great introduction to tennis or a solid and fun way 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.

**LADIES INTERMEDIATE COURSE (MONDAY 11.00-12.30)**.... 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**.....1 person £25 per hour. 2 people £28 per hour. 3-4 people £30 per hour. 24 hour cancellation policy or lesson is charged in full. Home visits are available, please contact Adam for rates.



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