**CIRENCESTER ADULT SPRING COACHING PROGRAMME 2018 (9 Week Programme) Week Commencing MONDAY 8TH JAN – Week Commencing Monday 12TH MARCH 2018 - Excluding Week Starting 12TH FEB for Half Term**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 11-12.30 | 09.30-11.00 |  | 10.00-12.00 | 09.00-10.30 | 09.00-10.30 |
| ADULT INTERMEDIATE COURSE £94.50 (£112.50 NON MEMBERS) | ADULT INTERMEDIATE/ADVANCED  COURSE  £94.50 (£112.50 NON MEMBERS) |  | ADULT ROLL UP  **FREE** | STARTER DRILLS  £10 PAY AND PLAY  (£12 NON MEMBERS) | ADULT DRILLS AND POINT-PLAY OPEN SESSION  £10 (£12 NM) |
| 19.30-21.00 |  | 09.30-11.00 |  | 10.30-11.00 |  |
| ADULT DRILLS AND POINT PLAY SESSION  £10 (£12 NM) |  | ADULT INTERMEDIATE COURSE £94.50 (£112.50 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 SESSON  £10 PAY AND PLAY  (£12 NM) |  |

All cheques made payable to ADS TENNIS

**STARTER DRILLS SESSION (FRIDAY)**….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 JONNO**– 1 person £25 per hour. 3-4 people £30 per hour.