**CIRENCESTER ADULT AUTUMN COACHING PROGRAMME 2018 (11 Week Programme) Week Commencing MONDAY 10H SEP– Week Commencing Monday 26th NOV 2018 - Excluding Week Starting 22nd Oct for Half Term**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 11-12.30 | 09.30-11.00 | 09.30-11.00 |  | 09.00-10.30 | 09.00-10.30 |
| INTERMEDIATE COURSE £115.50 (£137.50 NON-MEMBERS) | INTERMEDIATE/ADVANCEDCOURSE£115.50 (£137.50 NON- MEMBERS)  | INTERMEDIATE COURSE £115.50 (£137.50 NON- MEMBERS) |  | STARTER DRILLS£10 PAY AND PLAY(£12 NON- MEMBERS) | DRILLS AND POINT-PLAY INT/ADV £10 PAY AND PLAY(£12 NM) |
| 19.30-21.00 |  | 11.00-12.30 |  | 10.30-11.00 |  |
| DRILLS /POINT -PLAY INTERMEDIATE/ADVANCE£10 (£12 NM) |  | BEGINNER/INT COURSE £115.50 (£137.5 NON- MEMBERS) |  | SERVING CLINIC**FREE FOR MEMBERS** |  |
|  |  |  | 19.30-21-00 | 11.00-12.30 |  |
|  |  |  | BEGINNER/RETURNER 6 WK COURSE STARTING 27TH SEP£66 (£78 NON-MEMBERS) | INTERMEDIATE DRILLS/POINT-PLAY£10 PAY AND PLAY(£12 NM) |  |

**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.

**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.

**BEGINNER/INTERMEDIATE COURSE (WED S11.00-12.30)** 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.

**BEGINNER RETURNER COURSE (THURSDAY 19.30 – 21.00)** A great course for starting to learn how to play the basic skills in tennis through to playing the game all in a fun and relaxed environment.

**STARTER DRILLS SESSION (FRIDAY 9.00 -10.30**) 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.

**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.

**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.

**INTERMEDIATE/ADVANCE DRILLS AND POINT PLAY (SATURDAY 09.00-10.30 and MONDAY 19.30-21.00)** These drill Session are for Intermediate/Advance team level players looking for a fun and energetic start to the weekend/beginning of the week. Basket drills and point play.

**PRIVATE LESSONS: WITH ADAM -**1 or 2 person/s £30 per hour. 4 people £40 per hour. (Non-members £2 extra pp)

 **WITH JONNO** -1 person £25 per hour. 3-4 people £30 per hour. (Non-members £2 extra pp)