



'Creating a healthy and fair culture of competition'

**CIRENCESTER ADULT SPRING COACHING PROGRAMME 2019 (10 Week Programme) Week Commencing MONDAY 7th JAN –
Week Commencing Monday 18th MARCH 2019 - Excluding Week Starting 18th FEB 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 £105 (£125 NON MEMBERS)	ADULT INTERMEDIATE/ADVANCED COURSE £105 (£125 NON MEMBERS)	ADULT INTERMEDIATE COURSE £105 (£125 NON MEMBERS)	ADULT ROLL UP FREE	STARTER DRILLS £10 PAY AND PLAY (£12 NON MEMBERS)	ADULT DRILLS SESSION £10 (£12 NM)
19.30-21.00	19.30-21.00	11.00-12.30	19.30-21.00	10.30-11.00	
ADULT DRILLS (TEAM STANDARD) SESSION £10 (£12 NM)	STARTER DRILLS PAY AND PLAY SESSION £10 (£12 NON MEMBERS)	ADULT IMPROVERS COURSE £105 (£125 NON MEMBERS)	BEGINNERS COURSE – DATES TO BE ANNOUNCED	SERVING CLINIC FREE FOR MEMBERS	
		18.00-21.00		11.00-12.30	
		MEMBERS CLUB NIGHT - FREE		ADULT INTERMEDIATE PLUS SESSION £10 PAY AND PLAY (£12 NM)	

All cheques made payable to ADS TENNIS

STARTER DRILLS SESSION (TUESDAY AND 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.

IMPROVERS COURSE (WEDS 11-12.30)...The follow on course from the beginners course looks at moving players through more live tennis based exercises with a view to getting people to play club nights and team tennis.

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.

BEGINNERS COURSE (THURSDAY 19.30-21.00)....A welcoming entry point to the club with technical and tactical help to get you playing tennis quickly!

ADULT INTERMEDIATE PLUS DRILLS (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 DRILLS (SATURDAY 09.00-10.30 and MONDAY 19.30-21.00).....Open Drills Session is available to intermediate and team players 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. 2-4 people £40 per hour.

WITH JONNO– 1 person £25 per hour. 2-4 people £30 per hour.