



# TENNIS

## QUALITY COACHING FOR ALL

[www.in2tenniscoaching.co.uk](http://www.in2tenniscoaching.co.uk)

### Rowledge Tennis Club Spring Term 2016

#### Adult Term Time Programme

Monday 4<sup>th</sup> January – Friday 18<sup>th</sup> March (10 weeks)

No sessions week commencing 15<sup>th</sup> February/ Wet weather week 21<sup>st</sup> March

Day	Group	Code	Cost (Member/Non member)
<b>Tuesday</b> 9.15-10.15am	Cardio	RC14	£55.00/ £65.00
<b>Wednesday</b> 2-3pm	Cardio	RC15	£55.00/ £65.00
<b>Friday</b> 9.30-10.30	Cardio	RC16	£55.00/ £65.00

This is an exciting cardio group workout to motivating music. Burn up to 600 calories an hour – no tennis skills required!

#### Wednesday

11am-12pm Ladies Beginner/Intermediate RAD15 £65.00/ £85.00

These courses start a week later on Friday 15<sup>th</sup> January and run for 9 weeks to account for a wet weather make up session from last term

#### Friday

10am-11pm Ladies Beginner/Intermediate RAD16 £58.50/ £76.50

11am-12pm Ladies Intermediate/Advanced RAD17 £58.50/ £76.50

- This group is geared towards beginner/ improver players or those who are a bit rusty
- The focus will be based on developing all of the strokes and the tactical side of the game in a fun way
- This is a great way to improve your skills, meet new people to play and get some exercise!
- ALL GROUPS NEED A MINIMUM OF 4 PLAYERS SIGNED ON TO RUN

To book and pay please visit the website [www.in2tenniscoaching.co.uk](http://www.in2tenniscoaching.co.uk)