



Tattenhall Adult Coaching Autumn 2021

Course Length	Course Type	Day	Times	Start Date	End Date	Cost (£)
All Year Round	Cardio Tennis All Abilities	Thurs	7.45-8.45pm	9 Sep		£5 pay & play Max12 players
6 Weeks	Tennis Xpress Beginner / Early Improver	Tues	12-1pm	14 Sep	19 Oct	£40 Max 8 Players
6 Weeks	Pair & Play Ladies Doubles Skills Improver/Intermediate	Thurs	1.30-2.30pm	16 Sep	21 Oct	£40 Max 8 Players

Course Descriptions

Cardio Tennis For All: A fun and sociable workout to fast beat music involving hitting lots of balls and a great calorie burner (300-500 calories per session). Aimed at anyone who enjoys a workout. No tennis experience required. You work to your own pace and receive plenty of encouragement from the other players and the coach.

Pair & Play Ladies Doubles Skills: Active fun Doubles Coaching where you can meet up with other players, improve your technical / tactical skills and court positioning and become more competent doubles players. Suitable for players of Improver level and above. Maximum 8 players in group. For further information see LTA course link below:

<https://www.lta.org.uk/play-compete/getting-started/adult-tennis/pair-and-play/>

Tennis Xpress for Beginners / Early Improvers: Structured coaching to improve basic stroke technique, court positioning and develop a tactical understanding for Singles and Doubles play. By the end of the course players will be able to do a basic serve and rally and understand the scoring and rules of tennis, providing a foundation for more regular social tennis play. Maximum 8 players in group.

For further information see LTA course link below:

<https://www.lta.org.uk/play-compete/getting-started/adult-tennis/tennis-xpress/>

Notes:

- There is an additional Visitor Fee of £1/session for Non-Tennis Club Members.
- Players on Pay & Play Cardio Course need to reserve their place by 2pm on the day of the session to confirm if attending.

Bank Transfer: Ace Tennis Academy, 09-01-50, 03617114, Ref: Name

**For further information and bookings contact Ace Tennis Academy 07775 523250
acetennisacademy@aol.com**