

ADULT COACHING & CARDIO TENNIS CLASSES

WHITES LANE MULGRAVE TENNIS CLUB



Our Adult Coaching Classes are held at the **Whites Lane Mulgrave Tennis Club** in a relaxed social atmosphere and they are a great way to meet fellow tennis players. Classes are available for all levels.

2024 ADULT COACHING & CARDIO TENNIS

TERM 1 - Starts from MONDAY 29th JANUARY | **TERM 2** - Starts from MONDAY 15th APRIL
TERM 3 - Starts from MONDAY 15th JULY | **TERM 4** - Starts from MONDAY 7th OCTOBER

DAYS & TIMES AVAILABLE:

Monday or Friday 9.30am to 10.30am
Monday 6.30pm to 7.30pm or Friday 7.30pm to 8.30pm

Beginner Class Level


Our Beginner Program is a fun way to kick-start your tennis journey. It is designed for first time players who have limited or no experience. We focus on the basics of tennis, such as learning the correct grips & techniques. Each class incorporates drilling and stroke improvement followed by match-based drills and games so players can experience improvement in a playing environment. We also tailor the fitness component to suit the needs of the group.

Intermediate Class Level

Our Intermediate Program is the ideal program to help you make that crucial step from an intermediate to an advanced player. It is designed for players who can sustain a short rally at a slow pace and are capable of serving the ball into play. This class has an emphasis on improving technique, movement and consistency while also improving fitness.

PROGRAM BENEFITS INCLUDE

- Stroke Improvement - Grips, Swings, Spins, Movement
- Game Play - Tactics & Strategies
- Overall Body Workout - Improved Fitness
- Most of all YOU WILL HAVE FUN & FEEL GOOD



Only \$30.00 per session
Or Enrol for the 8 Week
Term for \$200
SAVE \$40

To book your place or organise your own group please complete the form. For further information call Adrian on 0417 591 911

Please let your friends know so that they can join in the fun.



ADULT TENNIS ENROLMENT DETAILS

Whites Lane Mulgrave Tennis Club

2024 Adult Coaching & Cardio Tennis Enrolment From

Monday Sessions	9.30am to 10.30am	6.30pm to 7.30pm
Friday Sessions	9.30am to 10.30am	7.30pm to 8.30pm

WEEKLY SESSIONS \$30.00 (Paying Weekly)

TERM SESSIONS \$200.00 (Paying for the 8 Week Term)

Participants Name/s:

Male

Female

Age:

Date of Birth:

Address:

Suburb:

P/Code:

Phone:

Mob:

Email:

Any Known Medical Conditions:

Participants Signature:

Special Offer -

Come with a friend & save \$15 off the 8 week Term fee No Yes Name:

If you have any special arrangements made with Millennium Tennis please make your comments here

Total Amount Enclosed \$ (Preferred payment method Electronic Funds Transfer)

(An invoice will be emailed to you for your 8 week term sessions. Week by week pay on the day)

PLEASE READ THE MTA POLICIES www.mttennis.com.au/policies

