

ADULT TENNIS COACHING

NEW YEAR TENNIS
JANUARY 2019

Bradley Keenan

SUNDAY MORNING COURSES

JANUARY 6TH – MARCH 10TH (10 WEEKS)

GROUP COACHING

- ❖ ***Starters/Rusty Rackets (D)*** 9-9:55am
Basic Skills/Techniques, Drills & Matchplay
- ❖ ***Improver (C)*** 10-10.55am
Improver Skills/Techniques & Matchplay
- ❖ ***Intermediate (B)*** 11-11.55am
Intermediate Skills/Techniques/Drills & Matchplay
- ❖ ***Starters/Rusty Rackets (D)*** 12pm-12.55pm
Basic Skills/Techniques/Drills & Matchplay

- Non-members are also very welcome to join the lessons
- Late joiners can pay pro rata
- Places will be reserved on a first come first served basis
- Cost- 10 weeks course - Members-£60 Non Members- 70
- To book your place please call or text me on 07768 125685
- For any other info on courses, standards or individual lessons
- Contact Charles: 07768 125685 or Bradley:07590 996654

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CHARLES APPLEWHAITE
Chester LTC Coach. LTA/USPTA Pro Coach.

Approximate Standards for Groups

<p><u>Competition A</u> Team Player</p>	<p>Keen to improve. Requires tactical and drill training, technical variations in competitive play, and improved tennis fitness</p>
<p><u>Intermediate B</u> Plays Social tennis at a higher level</p>	<p>Wants to learn new techniques and tactics in competitive play. Enjoys tennis drills.</p>
<p><u>Intermediate C</u> <u>Improver</u> Plays Social tennis at a basic level</p>	<p>Enjoys competitive play. Wants to improve techniques and basic tactics etc.</p>
<p><u>Starters</u> New to the game</p> <p><u>Rusty Rackets D</u></p>	<p>Beginner – Not played before Beginner – Played before infrequently Rusty Rackets/Improver – Played before and out of practice Wants to learn basic techniques and match play tactics</p>