

# Adult Program

## Adult Group Lessons

Our 1 hour lesson with a professional coach allows you to become the champion you always wanted to be. Beginner to Advanced lessons available.

\$33 per lesson

Available 7 days a week

## Private Lessons

Our private lessons with expert Coaches gives you specialized coaching to master your game!

\$50 per 30min

\$70 per 45 min

\$90 per 60 min

5 or 10 lesson packages available

Available 7 days a week

## Cardio Tennis

A high energy Tennis training workout that improves your fitness. It's a great way to get a gym workout while paying the game you love!

\$25 per session

\$190 for 10 sessions

Tuesday 7pm



## Adult Competitions

### Singles Leagues

Monday 6.30pm

Wednesday 6.30pm

Sunday 8.00am

### Night Pairs

Monday - Thursday

8.00-10.00pm

### Morning Ladies

Tuesday 9.30am

Wednesday 9.30am

Friday 9.15am

### Club Competition

Saturday NSTA Pairs

Saturday Badge

### Social Tennis

Tuesday 7pm-10pm

Thursday 9.30am-12pm

Sunday 12pm-6pm

Commencing 22<sup>nd</sup> July 2019

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Beginner Group Lessons		6.00pm	9.30am 7.00pm	9.30am 6.00pm 7.00pm	10.30am	8.00am 9.00am 10.00am 11.00am	9.00am
Intermediate Group Lessons		10.30am 7.00pm	7.00pm	6.00pm 7.00pm	9.30am	9.30am	10.00am
Advanced Group Lessons		9.30am	6.30pm	8.00pm			
Cardio Tennis		7.00pm					
Private lessons	Available by appointment						
Social Tennis		7.00pm- 10.00pm		9.30am- 12.00pm			12.00 - 6.00pm



**Group Lessons**



**Competitions**



**Social Tennis**