



### Internal Ladies Competitions:

Social competitions. Fully graded with 3 sets of tennis. Enter your own team or come in individually. Qualified child minding available. Cost: \$20.

### Group Lessons

#### Adult Group Lessons

**Cardio Tennis Workouts:** Max 8 per coach.

1 hour of fitness and fun. On court tennis drills available for all standards. Not only will you improve your skills but will also increase your fitness. Music provided. Come and join the fun. Qualified child minding available. Cost: \$25

**1 hour coaching/1 hour matchplay.** Max 6 per coach.

Whether you are a beginner, an intermediate or an advanced player, we will improve your game. To conclude with, you will be organised into your fully supervised matchplay in your appropriate standard. Qualified child minding available. Cost: \$35.

#### Junior Group Lessons:

**Hot Shots Tennis.** 3-7 years of age.

45 minute duration. Max 6 per coach.

The World famous Tennis Australia Hot Shots program for success and fun. Free racquet on enrolment. Cost: \$20

**Hot Shots Tennis.** 8-12 years. 45 minute duration. Max 6 per coach. Children are put into groups of age and ability for maximum fun and skill acquisition. Cost \$20

**Squad Training.** 1.5 hours in duration. Maximum 6 per coach.

Must be able to serve and rally. Divided into 3 levels (decided by section you play in: junior teams or playing test). Includes 1 hour of drills, physical fitness then ½ hour of matchplay. Cost \$35, 2nd Squad per week \$18 (50% sponsorship). 3rd 4th and 5th squad per week free (full sponsorship) and all includes free match play on Friday nights.

**Advanced Squad Training.** 2 hours in duration. Must be Section 1 or 2 juniors or higher. That includes VTS pennant or playing test. Includes physical conditioning and high intensity drills and matchplay. Cost \$50, 2nd Squad per week \$25 (50% sponsorship). 3rd 4th and 5th squad per week free (full sponsorship) and all includes free match play on Friday nights.

**Friday Night Matchplay.** Fully supervised matchplay playing best of 3 sets. Singles match, then a doubles if time permits. best way to improve your game. Free for all squad and private lesson participants. A prize at the end of each term, who finishes on top of the ladder. Cost \$15.

#### Private Lessons

For the full attention you deserve. Includes free matchplay on Friday nights. Cost \$90 per hour, \$70 per 45 minutes or \$45 per 30 minutes.



# TENNIS PROGRAMME

## Dendy Park Tennis Academy

### Locations

**Dendy Park Tennis Club**

Breen Drive, Brighton East

**Middle Brighton Club**

30A Willansby Avenue, Brighton

**DEAN ELLIS**

Registered High Performance Coach

**Tel: 0419 542 012**

**[www.worldtennisaustralia.com](http://www.worldtennisaustralia.com)**



# TENNIS PROGRAMME

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8.30am		Advanced Squad (7.00 - 8.30am)					
9.00am	Cardio Tennis Workout 1 hour	1hr Coach 1hr Matchplay	1hr Coach 1hr Matchplay (9.30 - 11.30am)	1hr Coach 1hr Matchplay	1hr Coach 1hr Matchplay (9.30 - 11.30am)	Hot Shots	
9.15am	Internal Ladies' Competitions (9.15 - 12.00nn)	Internal Ladies' Competitions (9.15 - 12.00nn)		Internal Ladies' Competitions (9.15 - 12.00nn)		Junior GR (9.30 - 10.15am)	3-5 yrs Hot Shots (9.15 - 10.15am)
10.00am	Cardio Tennis Workout 1 hour						
10.15am						Junior GR (10.15 - 11.00am)	
10.30am							Hot Shots (10.30 - 11.15am)
11.00am	Cardio Tennis Workout 1 hour						
11.30am							
12.00pm							
4.00pm	Hot Shots	Hot Shots	Hot Shots	Hot Shots	Hot Shots		
	Junior GR (4.00 - 4.45pm)	Junior GR (4.00 - 4.45pm)	Junior GR (4.00 - 4.45pm)	Junior GR (4.00 - 4.45pm)			
4.15pm					Junior GR (4.15 - 5.00pm)		
4.30pm		Junior GR (4.30 - 5.15pm)					
4.45pm	Junior GR (4.45 - 5.30pm)		Junior GR (4.45 - 5.30pm)				
5.00pm				Squad Training (5.00 - 6.30pm)	Squad Training (5.00 - 6.30pm)		
5.30pm	Squad Training (5.30 - 7.00pm)	Squad Training (5.30 - 7.00pm) Advanced Squad (5.30 - 7.30pm)	Squad Training (5.30 - 7.00pm) Advanced Squad (5.30 - 7.00pm)		Advanced Squad (5.00 - 6.30pm)		
6.00pm	Advanced Squad (6.00 - 8.00pm)			Advanced Squad (5.30 - 7.30pm)			
6.30pm					Matchplay Friday Night (6.30 - 8.30pm)		
7.00pm							
7.30pm		Adult 1hr Coach 1hr Matchplay (7.30 - 10.00pm)	Adult 1hr Coach 1hr Matchplay (7.30 - 10.00pm)				
8.00pm	Adult 1hr Coach 1hr Matchplay (8.00 - 10.00pm)						
8.30pm							
9.00pm							
9.30pm							
10.00pm							



## Tennis Programme Enrolment

Surname: \_\_\_\_\_ Given Names: \_\_\_\_\_ Age: \_\_\_\_\_

Home Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

I would like to participate in the following programme:

- Hot Shots
- Squad Training
- Internal Ladies Morning Competitions
- Junior Group
- Advanced Training
- Adult Group
- Cardio Tennis

Day/Time Preferred: \_\_\_\_\_

EMAIL: Dean Ellis - deanellis@worldtennisaustralia.com

Visit [www.worldtennisaustralia.com](http://www.worldtennisaustralia.com) to enrol