

MORNING COACHING

Dendy Park Tennis Club

Breen Drive , Brighton East

Middle Brighton Tennis Club

30A Willansby Avenue, Brighton

**TERM 4, 2019 ADULT COACHING
AND MATCHPLAY IS AVAILABLE
MONDAY TO FRIDAY MORNINGS
PLUS "CARDIO WORKOUT TENNIS"
MONDAY AND TUESDAY
9.30AM - 11.30AM**



For beginner/intermediate type players.
Includes 1hr of coaching/ 1hr of matchplay, fully
organised (available Monday to Friday mornings).

Program covers stroke production, footwork,
correct court etiquette and doubles tactics and
strategy with a progression each term.

Also introducing the new **CARDIO WORKOUT TENNIS**
available on Monday and Tuesday mornings.

1hr of workout based tennis drills to keep that heart
rate up then 1hr of match play.

WHEN:

Every Monday to Friday 9.30am - 11.30am
starting Monday 7th October, Tuesday 8th October,
Wednesday 9th October, Thursday 10th October
and Friday 11th October 2019.

CHILD MINDING AVAILABLE

COST:

11 week term \$385.00

Tuesdays 10 week term \$350.00

ATTENTION: GET IN EARLY AS NUMBERS ARE LIMITED

If you can't make a lesson and you let us know in
advance, make-up lessons are available.

DEAN ELLIS

Registered High Performance Coach

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e: deanellis@worldtennisaustralia.com

worldtennisaustralia.com

Please detach and send with money to confirm your spot to
32 Durrant St, Brighton, 3186. Or Telephone Dean Ellis 0419 542 012

Please find enclosed my payment and details to confirm my spot.

Name: _____

Address: _____

Telephone: _____

Mobile: _____

Day I prefer to come: _____

Email: _____