

TRACKSIDE

LAWN TENNIS CLUB



TENNIS IRELAND LEVEL 1 COACH DELIVERING
ADULT TENNIS COACHING IN AN ENJOYABLE
AND FUN ATMOSPHERE

COACHING PROGRAM

CONSIDERED THE BEST TEACHING METHOD FOR TENNIS THE "GAME-BASED APPROACH" IS LOOKING AT WHERE TO HIT THE BALL THROUGH TACTICS AND STRATEGY. TECHNIQUE (HOW TO HIT THE BALL) IS ALSO OVERLOOKED IN OUR PROGRAMME.

BEGINNER 7-8pm

DESIGNED FOR PLAYERS THAT WANT TO DISCOVER THE GAME OR THOSE WHO HAVEN'T PLAYED IN A LONG TIME. PLAYERS LEARN THE BASIC IN A FUN GAME BASED LESSON.

IMPROVER 8-9pm

DESIGNED FOR PLAYERS THAT KNOW THE GAME AND WANT TO DEVELOPE EFFECTIVE TECHNIQUE AND LEARN HOW TO APPLY IT IN A TACTICAL GAME SITUATION.

PRICE

6 WEEKS PROGRAMME

€60 MEMBERS

€70 NON-MEMBERS

GET YOUR €10 BACK IF YOU BECOME A MEMBER DURING THE TERM

DATE

EVERY WEDNESDAY

START WEDNESDAY
12TH SEPTEMBER

REGISTRATION

SEND NAME, GROUP, CONTACT

BY TEXT 083 836 70 75

BY EMAIL tracksideltc@hotmail.com

ON THE DAY please check availability. limited number of place

