

Adult Coaching Timetable

Jan – Apr 2012

Adult coaching at WLTC is geared to all levels of player, with groups of no more than 8 players per coach. Active Tennis currently hold's over 15 sessions per week for beginners, through intermediate up to advanced players. Non-members are welcome to all our coaching courses.



No	Day	Time	Coach	No of wks	Member Price	Non-Member Price
ADULT - BEGINNER						
6A	Tuesday	1.00 – 2.30pm	TBC	12	£132	£132*
15A	Sunday	9.00 – 10.30am	Ricky	12	£132	£132*
*Introductory offer, no guest fees for new Beginner Groups.						

ADULT - RUSTY RACKETS						
12A	Thursday	7.30 – 8.30pm	Stuart	12	Starts Easter 2012	
Please note this group is played on the outdoor courts only.						

ADULT - INTERMEDIATE						
4A	Tuesday	10.00 – 11.30am	Andy	12	£132	£168
8A	Wednesday	1.00 – 2.30pm	Andy	12	£132	£168

ADULT - ADVANCED						
2A	Monday	1.00 – 2.30 pm	Andy	11	£121	Members Only
5A	Tuesday	11.30 – 1.00pm	Andy	12	£132	£168
10A	Thursday	10.00 – 11.30pm	Andy	12	£132	£168
11A	Thursday	11.30 – 1.00pm	Stuart	12	£132	£168
16A	Sunday	6.30 – 8.00pm	Stuart	12	£132	£168

ADULT - LADIES TEAM						
3A	Monday	6.30 – 8.00	TBC	12	£11 per session	Members Only

ADULT - CARDIO TENNIS						
1A	Monday	9.00 – 10.00am	Andy	11	£88	£121
7A	Wednesday	9.00 – 10.00am	TBC	12	Coming Soon!	
9A	Thursday	9.00 – 10.00am	Kieran	12	£96	£132
13A	Friday	9.00 – 10.00am	Andy	12	£96	£96*
14A	Saturday	8.00 – 9.00am	Kieran	12	£96	£132
*Introductory offer, no guest fees for new Cardio Groups.						

Please make cheques payable to: ACTIVE TENNIS



TENNIS COURSES

Tennis Courses run from w/c Tuesday 3rd January to w/e Sunday 1st April inclusive 12 week programme.

All groups are played indoors during bad weather.

WHICH GROUP IS FOR YOU?

BEGINNER: Little playing experience.

RUSTY RACKETS: Haven't played for years? Would like to get back into tennis?

INTERMEDIATE : At least 2 years playing experience/ tactically aware.

ADVANCED: Very competent, playing in social and competitive matches.

CARDIO TENNIS: A high energy tennis workout, ball fed by coach to music.

PLEASE NOTE COURSES DO NOT RUN DURING THE HALF-TERM WEEK: MONDAY 13TH FEBRUARY – SUNDAY 19TH FEBRUARY

You can join these groups at any stage of the term, space permitting.

Courses can be booked in the following way:

- In person at the Windsor Lawn Tennis Club Reception
- By calling Active Tennis on: 07594 295 666
- Or via email info@activetennis.co.uk

All courses **MUST** be paid for in full prior to the group commencing.