

Adult Tennis COACHING COURSE Programme

Welcome to our Centre and our adult tennis coaching course programme!

- ◆ Tennis Coaching Courses provide players of all standards with opportunities to learn, and develop new techniques and tactics to play the game of tennis.
- ◆ The programme runs continuously throughout the year with a 2 week break over Christmas / New year.
- ◆ Players can enrol for either a 5 week or 10 week block of lessons
- ◆ The course programme is carefully structured and planned to provide players with a progressive scheme of work, which will be themed according to the 'tennis season' and the needs of the course.
- ◆ Coaching Courses are organised into tennis playing levels ensuring players of a similar standard enrol on the same course.
- ◆ If you are new to the course programme and do not yet have a player level please book a 30 minute player assessment at reception (free to tennis members) or £5.00 which is re-fundable if a player enrolls on a course or takes out a tennis membership.

Group Coaching COURSE Programme.

PLAYER STANDARD	CODE	DAY	TIME
Adult (16-19 years)	AT15	Thursday	1900-2000
Adult 4 / 3	AT8	Monday	1000 - 1100
	AT13	Monday	1100 - 1200
	AT5	Monday	1900 - 2000
	AT6	Friday	0900 - 1000
Adult 3 / 2	AT9	Monday	1200 - 1300
	AT11	Wednesday	2000 - 2100
Adult 2 / 1	AT10	Tuesday	1400 - 1500

How to book a TENNIS COURSE

All players need to complete a booking form and payments must be made at the time of booking. (players book

Places are not transferable or refundable.

Please refer to LED Membership information and bookings and cancellations procedures for further information.

Costs	Tennis Member	Unlimited / PTL Member	Non Member
5 week programme	£30.00	£45.00	£60.00
10 week programme	£50.00	£75.00	£100



Exmouth Tennis & Fitness Centre 01395 223355
ledleisure.co.uk

Exmouth
Tennis & Fitness

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