

# Woodstock Tennis Academy



## ADULT COACHING PLANNER

<b>Cardio Tennis</b> Monday 09:30 – 10:30 am
<i>Cardio Tennis is a fun, sociable group fitness class set on a tennis court and open to adult players of all ages and abilities. Supported by music and LTA qualified instructors, you will get to hit lots of tennis balls during your class and have a great cardio workout at the same time.</i>
<b>Diagnostic Drills</b> Monday 10.30 – 11.30 am
<i>This course is all about meeting other players and having fun! The course introduces the basic skills of tennis while introducing players to the scoring system and the rules. It is aimed at adult players who have a basic understanding of the game and have played a bit of tennis before.</i>
<b>Doubles Positioning and Tactics</b> Saturday 9.00 -10.00 am
<i>This popular course looks at doubles specific teaching, aimed at those who are playing informal and formal matches. The teaching themes will include positioning of the server's partner, serve and return, volleying and smashing. This course is in high demand and places are offered on a first come, first serve basis so don't miss out!</i>

Term Dates Monday 8<sup>th</sup> January 2024 through to Thursday 28<sup>th</sup> March 2024 (includes any catch up sessions)

There are no sessions Monday 12<sup>th</sup> February 2024 – Saturday 17<sup>th</sup> February 2024 (Half Term)

Woodstock Club Members: £9.00/hr

Non-Members: £13.50/hr

To book your place please email Tom Francis (Head Coach) [woodstocklta@gmail.com](mailto:woodstocklta@gmail.com)