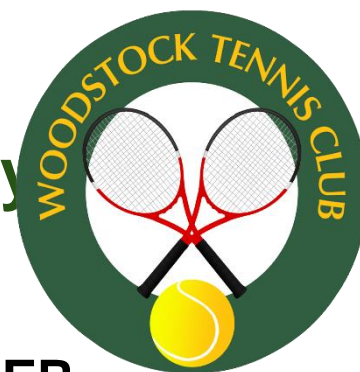


Woodstock Tennis Academy



ADULT COACHING PLANNER APRIL – JULY 2024

Cardio Tennis 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>
Diagnostic Drills 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>
Doubles Positioning and Tactics 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 15th April 2024 – Monday 8th July

There are no sessions on the following dates:-

Monday 6th May (Bank Holiday)

Monday 27th May 2024 – Saturday 1st June 2024 (Half Term)

Woodstock Club Members: £9.00/hr

Non-Members: £13.50/hr

To book your place please click on the link below:-

[Woodstock Tennis Club Adult Coaching Apr - July 2024. VIEW AND BOOK HERE!](#)

Tom Francis (Head Coach) woodstocklta@gmail.com