

## Lower Hutt Tennis Club Term 4 Senior Coaching Programme

(Monday 17 October - Friday 23 December)

Level	Beginner Adult Clinic	Cardio Tennis
Experience	New to tennis, no experience needed!	1+ years
Day/Time	Thursday: 7 - 8pm	Tuesday: 7 - 8pm
		Thursday: 9:30 - 10:30am
Learning Points	<ul style="list-style-type: none"> <li>- Basic swing technique</li> <li>- Introduction to singles &amp; doubles</li> <li>- Introduction to scoring</li> <li>- Introduction to tennis movement</li> </ul>	<ul style="list-style-type: none"> <li>- Get fit</li> <li>- Playing tennis</li> <li>- Having fun!</li> </ul>
Cost	\$15/session	\$15/session

To register please contact Simon Stronach E. [StronachCoaching@outlook.com](mailto:StronachCoaching@outlook.com)