



for
**COMPLETE
BEGINNERS**

learn how to
**SERVE, RALLY
& SCORE**

with
**GROUP
COACHING**
& equipment
provided

By the end of the 6 week course you will be able to have fun playing games or matches with your friends and family or other people you have met on the course.



Contact Ashleigh Calder today to book
your place!

ash@caldertennis.co.nz | 027 859 9359

6 week courses run each term

Mondays 6.30 - 7.30pm

Tuesdays 9.00 - 10.00am

Venue: Nelson Lawn Tennis Club
(Rutherford Park)

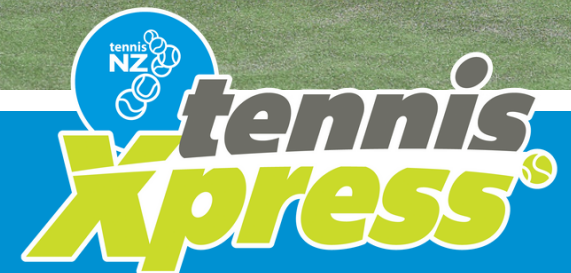
Cost: \$80

tennisxpress.kiwi



GET INVOLVED!

Learn a new skill, build your confidence, have a
great workout and meet new people to play
tennis with!



**LEARN TO PLAY THE EASY
WAY AT NELSON LAWN
TENNIS CLUB**





In just six weeks, you can learn to play tennis in a fun, social way....

WHAT CAN I EXPECT FROM EACH SESSION?

WEEK 1 - Understand the basic strokes and learn to score
WEEK 2 - Read the ball, develop your weaker shot and learn proper tennis scoring
WEEK 3 - Singles and doubles court positioning
WEEK 4 - Directing your shots and moving your opponents
WEEK 5 - Court positioning in all game situations
WEEK 6 - Attacking and defending. Get ready for social tennis!

WHAT ELSE DO I NEED TO KNOW?

Do I need to be a member of Nelson Lawn Tennis Club to attend?

No, you don't have to join the club unless you want to continue once the course is finished.

What makes TennisXpress different?

You will use slower balls to make the game easier to learn and play.

What do I need to bring?

Bring along your own racquet if you have one, but don't worry if not, you can borrow one of ours.

Wear comfortable sports kit and suitable trainers and don't forget your drink bottle too.

What difference will I notice by the end of the course?

You'll be playing fun tennis games with family and friends or those who you met on the course.

GOT THE TENNIS BUG?

What next after Tennis Xpress?

If you want to play more tennis and benefit from further coaching, Nelson Lawn Tennis Club and Calder Tennis have teamed up to offer you a reduced membership fee so you can play whenever you like and a 20% discount on your next group coaching block so that you can continue to perfect your skills.

MEMBERSHIP OFFER

The club year runs from 1st October - 30th September

Membership costs will vary depending on when you sign up:

Oct - Dec - \$60

Jan - March - \$50

April - June - \$40

July - Sept - \$30

Email hello@nelsonlawntennisclub.com to sign up

Contact Ash for information on further coaching options

