



Junior Coaching Programme



BLUE STAGE: 3 & 4 yrs old

The Blue Stage introduces children to tennis through games and fun activities. Children learn the basics of tennis including how to rally using lots of adapted equipment such as balloons, big balls and bean bags. Often, blue sessions are held indoors in spaces more suited to small people.

Please contact me if you are interested.



RED STAGE: 5-8 years

Introduces foundational skills of tennis with low-compression balls on smaller courts. Players learn basic rally, serve and net playing skills with fun activities. Rules of play and "Good Sportsmanship" behaviours are also introduced.

Terms 1 - 4

Days: Mon & Thurs **Time:** 3.30-4.15pm **Cost:** \$85 for 10 weeks (1 day)

ORANGE STAGE: 8 -10 years

Played on a 3/4 size court with low-compression balls. Players learn how to serve, rally, score and play net. Rules of play and "Good Sportsmanship" behaviours are also introduced. Tactical awareness and directional hitting. Working their way to Green Stage (Novice interclub).

Terms 1 - 4

Days: Mon & Thurs **Time:** 4.15-5.15pm **Cost:** \$110 for 10 weeks (1 day)

GREEN STAGE: 9-12 years (Novice interclub)

Players learn to serve, rally, score and play net in singles and doubles on a regulation sized court with a low- compression transition ball.

Advance technical knowledge and key tactics.

Terms 1 - 4

Days: Thursday **Time:** 5.15-6.15pm **Cost:** \$110 for 10 weeks (1 day)

Days: Monday **Time:** 5.15-6.15pm **Cost:** \$110 for 10 weeks (1 day)

(Monday will be on Tuesday 4.30-5.30pm in terms 2 and 3)

Cost: \$110 for 10 weeks (1 day)

For more information or to register contact:

Ph: Leonie 021 1690603

Email: leonietennisinc@gmail.com

8 weeks guaranteed



Teen and Adult Coaching



BEGINNER AND INTERMEDIATE TEENAGERS:

Stroke technique, cross court and down the line hitting, serving, tactical awareness, scoring, singles and doubles understanding.

Terms 1 - 4

Days: Friday

Time: 5-6pm

Cost: \$110 for 10 weeks

CARDIO TENNIS:

Cardio Tennis is a fun, group activity featuring drills to give players of all abilities an ultimate, high-energy work-out with cardio music.



Days: TBC **Time:** **Cost:** \$10 per player per session

ADULT BEGINNERS CLINIC:

Stroke technique, serving, fun drills, tactical awareness, scoring, singles and doubles understanding.

Terms 1 - 4

Days: Friday

Time: 11.00am-12pm

Cost: \$110 for 10 weeks

Days: Monday

Time: 6.30-7.30pm

Cost: \$110 for 10 weeks

(Monday will be on Thursday 6.30-7.30pm in terms 2 and 3)

TENNIS XPRESS:

Learn to play the easy way!

Terms 1- 4

Days: Friday

Time: 12.00-1.30pm

Cost: \$99 for 6 weeks



FAMILY BUBBLES:

Fun tennis drills for the whole family with basic technique.

Cost: \$450 (up to 5 players) for 1 hour for 10 weeks

\$225 for 30mins for 10 weeks



PRIVATE LESSONS:

Structured for individual game style and level.

HEAD COACH: \$50 (up to 5 players) for 1 hour.

\$25 for 30 minutes.



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