



Term 2 Coaching Programmes 2024

at Richmond Tennis Club

Monday 29th April – Saturday 6th July

(6 sessions total for all programs)

RTC Hotshots – Family Fun

Day offered: Saturday 9 – 9.45am, starting May 4th

This is a fun session for players aged between 5 – 9 years, starting out in tennis and wanting to give it a go! Lots of hand-eye coordination activities, learning through play, and improving racquet-ball skills. Parents/caregivers are welcome and encouraged to join the fun.

Cost: \$50 members, \$70 non-members

Pee Wee (5 – 8 years) - Red Level

Day offered: Monday 3.20pm – 4pm, starting April 29th

A high energy and fun introduction to tennis with more technical coaching, with the use of red low-compression tennis balls and mini-nets. This group works on basic tennis skills and development towards a love of the game; learning through play! You will also learn how to score and rules of the game.

Cost: \$60 members, \$80 non-members

Smashers (8 – 12 years) - Orange Level

Smashers – Days offered: Monday 4 – 5pm, starting April 29th

This program is for players who are beginners or have recently graduated from the Pee Wee Program. This is a chance for players to improve their technical skills toward rallying and serving as well as having fun! This session is held on a three-quarter full court.

Cost: \$75 members, \$95 non-members

Richmond Aces – Green Level

Day offered: Monday 5 – 6pm, starting April 29th

This program is for younger players who are aspiring to reach a higher level in their tennis and want to work towards playing full-court tennis at inter-club level. Must be really keen! Players will be working on technique, the rules of the game, structured live-ball activities and increasing their tennis knowledge in general.

Cost: \$75 members, \$95 non-members

Social Teens

Day offered: Monday 6 – 7pm, starting April 29th

This is the perfect coaching groups of intermediate and college aged young people, who love tennis but only want to play for fun, at a social level. This is a great way to keep active, enjoy the game and meet new friends.

Cost: \$75 members, \$95 non members

Junior Development Squad

Days offered: Monday 6 – 7pm; Thursday 3.45 – 4.45pm, starting May 2nd

This is a great program who have been through the lower program levels and want to stretch and improve their skills, with the aim of competing in junior interclub. This group will focus on live ball activities, tactical and technical skills.

Cost: \$75 members, \$95 non-members

Tournament Training Programme (TTP)

Day offered: Thursday 4.45 – 6.15pm, starting May 2nd

This program is for players who are really keen to reach the next level by getting more involved in tournaments and aspiring to a higher grade for interclub. This is a skilled coaching program which includes high intensity drilling, conditioning, high performance, tactical skills and technique. Match play is part of this programme and competition is encouraged.

Cost: \$120 members, \$140 non-members

Tennis Express (Adults)

Day offered: Friday 5.15 – 6.15pm, starting May 4th

This is a program for beginners - learn to play the easy way! Tennis Express offers you the chance to learn a new skill; you will learn how to serve, rally and score in just 6 weeks. Build your confidence, meet new people, have a great workout and leave with a new skill!

Cost: \$120 members, \$140 non-members

Advanced Beginners (Adults)

Day offered: Saturday 12 – 1pm, starting May 4th

These sessions are players who have advanced from Tennis Xpress. The aim is building more confidence and building on already gained skills. There will be technical components, within a game-based environment. Ideal for players who want to play socially, and perhaps at social-interclub level.

Cost: \$120 members, \$140 non-members

Intermediate / Advanced Adults

Day offered: Thursday 6.15 – 7.15pm, starting May 2nd

This program is for those players who have some experience playing and want to advance their current skills to take them to a new level. Focus will be on developing your own game style, lots of live-ball hitting activities, a cardio workout and an opportunity to socialise with other adult players.

Cost: \$120 members, \$140 non members

Private Coaching

Private coaching is a great way to speed up your progress technically, tactically and physically. Kolie is a qualified Tennis Australia Club Professional Coach and will share his knowledge with you to ensure you reach your goals. Video analysis available. Contact Kolie directly for pricing and package deals or to book a time.

Z Tennis also offers a bespoke program for tournament players keen to have 1-1 hitting and coaching.

Terms and Conditions

- **Please contact Kolie to register for coaching programs. An invoice will be sent upon registration with payment details.**
- **Please ensure that payments for coaching are made prior to the start of term. Your cooperation is much appreciated.**
- **All players registered for Z Tennis coaching programs are subject to a Richmond Tennis Club visitors fee (if not a member)**

For further information, please contact:

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