



## **Term 4 Coaching Programmes 2021**

**with Z Tennis at Stoke Tennis Club**

**(Tuesday 19<sup>th</sup> October – Friday 17<sup>th</sup> December)**

*\*Please note this is an 9-week term (8-weeks of tennis) for junior programs with the last week of term being put aside for any wet-day makeups which will be arranged with notice\**

### **Pee Wee Tennis (5 – 8years)**

**Day offered: Tuesday 3.30 – 4.15pm; beginning October 19<sup>th</sup> for 8 weeks**

Get your first taste of tennis through games and activities using adapted equipment to suit the younger player. This group is great for hand-eye coordination skills and having fun with friends! Parents also have the opportunity to help out / get involved on court. All equipment provided including racquets.

*\$75 per player (8 weeks)*

### **Smashers (8 – 12 years) - Orange Level**

**Days offered: Tuesday 4.15pm – 5.15pm & Thursday 3.45 – 4.45pm; beginning October 19<sup>th</sup> and October 21<sup>st</sup> for 8 weeks**

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.

*\$90 per player (8 weeks)*

## **Tennis NZ Tennis Express (Adults)**

**Day offered: Friday 10.30 – 11.30am; beginning October 22<sup>nda</sup> for 6 weeks**

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 by using slower balls that make playing the game easier and more fun.

Meet new people, have a great workout and leave with a new skill!

*\$100 per player (members) – 6 block series paid up front*

*\$125 per player (non-members) – 6 block series paid up front*

***\*4 players minimum required to proceed with series\****

## **Private Coaching**

Private coaching is a great way to speed up your progress technically, tactically and physically. Coach Kolie is a Tennis Australia qualified Club Professional Coach with many years of experience in NZ and overseas; he 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.

## **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.***

For further information, please contact:

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Tennis Australia  
Club Professional Coach



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