



## Active Tennis Adult Programmes for 2010

### Ongoing

Programme	Day	Time	Cost	Court	Duration
Active Tennis Advanced	Monday	10.00 – 11.30am	\$15	Inside	Ongoing
Active Tennis Intermediate/Advanced	Tuesday	11.00 – 12.00pm	\$10	Inside	Ongoing
Drills for Advance Players	Wednesday	6.30 – 8.00am	\$15	Inside	Ongoing
Active Tennis Intermediate/Advanced	Wednesday	11.00 – 12.30pm	\$15	Inside	Ongoing
Active Tennis Intermediate/Advanced	Thursday	11.00 – 12.00pm	\$10	Inside	Ongoing
Adult Beginner Coaching	Thursday	6.00 – 7.00pm	\$15	Inside	Ongoing
Adult back to Tennis	Thursday	7.00 – 8.00pm	\$10	Inside	Ongoing
Breakfast Club	Friday	6.30 – 8.00am	\$15	Inside	Ongoing
Active Tennis Advanced	Friday	10.00 – 11.30am	\$15	Inside	Ongoing

## **Adult Programme Details**

1. All students must confirm their place in the class by with the Coach for that programme.
2. Payment must be made on the day of attendance.
3. If you are using a concession card, this must be kept up to date. Cards will be monitored and if your card is outstanding, you may be declined a place in your desired programme.
4. Adult Back to Tennis, Adult Active Intermediate/Advanced and Breakfast Club have restricted numbers.

Note: All Active programmes are ability measured. The student would have progressed into this group from either the Adult Beginner or Adult back to Tennis group.

If you require further information regarding the programmes above, please do not hesitate to contact Active Tennis Ltd.

### **Contact details:**

Coaching Office      382-9566  
[coaching@activetennis.co.nz](mailto:coaching@activetennis.co.nz)

## **Active Tennis – Summary of sessions offered**

### **Active Tennis Intermediate & Active Tennis Advanced**

These sessions are designed to improve your tennis using a non-stop drilling method. They are used essentially to reinforce consistency and technique. It also enables the coach to increase physical intensity. A good level of fitness is required. These are popular programmes and are capped at 16 players per session. You must register for these classes, and confirmation is based on numbers. We use a first in first served policy. Please contact Peter directly for me information.

### **Adult Beginner Coaching**

This is a new class to the adult programme and directly links into the Adult Back to Tennis class. Anyone who is new to tennis (never played before) that is interested in joining Adult Back to Tennis will first need to come to an Adult Beginner Coaching class for four weeks to build consistency and learn the basic fundamental techniques to the forehand, backhand, volley and smash. It is designed to help you progress into the Adult Back to Tennis class so attendance is compulsory if you are seeking to do this. **Please contact Coach James Molnar on 382-9566 for further details.**

### **Adult Back to Tennis**

This session is designed for players who are returning to the game of tennis. The session will help improve your consistency, timing and technique through various activities and drills. The coach is also able to increase physical intensity in this kind of session making it a lot of fun! This is a popular programme and is capped at 16 players per session. You must register for this class and confirmation is based on numbers. We use a first in first served policy. **Please contact Coach James Molnar on 382-9566 for further details.**

### **Drills for Advanced Players**

This session is for the early riser who is looking for an aerobic workout to start their day. It is a high intensity drilling session which entails 1.5 hours of non-stop tennis. This kind of session is suited to advanced players with a good fitness level. It has the same focus of the Active Tennis sessions mentioned above. **Please contact Coach Peter Simpson on 382-9566 for further details.**

### **Breakfast Club**

The Breakfast Club session is very popular with professionals who have limited time. It is tennis played in a doubles format for 1.5 hours. It is suitable across intermediate to advanced levels and you are teamed according to your level. If you are new to the game of tennis and wish to attend Breakfast Club, you will need to start with the Adult Beginner Coaching class. You must register for this class and confirmation is based on numbers. We use a first in first served policy. **Please contact Coach Suzanne Spencer on 382-9566 for further details.**

Note: All of these classes require confirmation of attendance. When you register for these programmes you will be added to the appropriate list. You will be contacted by the Coach and confirm your attendance. If you have not been contacted please contact the coaching office directly on [coaching@activetennis.co.nz](mailto:coaching@activetennis.co.nz).