

**Spring Holiday Break
Coaching Program
For SSTA Adult Members**



Week 1: 21st -24th March Focusing on Serve / Return and Cross Court Exchanges

Day	Time	Group
Tuesday 22 nd March	5.00 – 6.30pm	3.0 and above
Wednesday 23 rd March	5.00 – 6.30pm	Novice to 2.5 (not currently in any leagues)
Thursday 24 th March	5.30 – 7.00pm	3.0 and above

Week 2: 28th - 31st March Focusing on role of net player and volleying

Day	Time	Group
Tuesday 29 th March	5.30 – 7.00pm	3.0 and above
Wednesday 30 th March	5.00 – 6.30pm	Novice to 2.5 (not currently in any leagues)
Thursday 31 st March	5.30 – 7.00pm	3.0 and above

Price per session - \$25.00

All sessions are held on the Indoor Courts

Up to 8 players per session

Book your place by email @

momentumtenniscoaching@gmail.com