



ADULT COACHING PROGRAM – AUTUMN 2021

Day	Time	Type of session	Level of player	Maximum Number of players	Cost \$ Up to 3 players	Cost \$ 4 players	Cost \$ 5 players +
Tuesday @ Indoor Courts	10.30am – 11.30am	Coach and Play	Up to 3.0 players	8	\$30	\$25	\$20
	11.30am – 12.30pm	Coach and Play	3.5 players and above	8	\$30	\$25	\$20
	7.00 – 8.00 pm	Fit H.I.T	All levels	6	\$25	\$20	\$15
Wednesday @ Port Lock Park	10.30am – 11.30am	Fit H.I.T	All levels	6	\$20	\$20	\$15
Friday @ Port Lock Park	10.30am – 11.30am	Fit H.I.T	All levels	6	\$20	\$20	\$15

Coach and Play – Technical and Tactical coaching sessions involving play-based situations – The session is a mixture of live ball and basket drills for those players looking to improve their gameplay – great for those looking to gain an advantage in match situations.

Fit H-I-T (High Intensity Tennis)

HELD at PORTLOCK PARK on Wednesday and Friday

– This session is purely a basket drilling session for those looking to keep fit and hone their strokes with an hour of continual drills – a great workout for all levels of players.

All sessions will only run if 3 players are signed up.

Sign up by emailing:

momentumtenniscoaching@gmail.com

Payment by e-transfer or cash