

Pocklington Tennis Academy Adult Programme

<u>DAY/TIME</u>	MONDAY	TUESDAY	FRIDAY
9AM	CARDIO TENNIS		CARDIO TENNIS
10AM	TENNIS XPRESS	DOUBLES TACTICS	INTERMEDIATE/ ADVANCED DRILLS
11AM		INTERMEDIATE/ ADVANCED DRILLS	
2PM			
6PM			TENNIS XPRESS

INFO

- Our adult sessions are open to members and non-members, and are ran on a pay & play basis (except Friday 6pm Tennis Xpress which will run as a 7 week course).
- Sessions are £7 for members, and £9 for non-members.
- Friday 6pm Tennis Xpress is £45 for the 7 week course.
- Sessions will run termtime.
- For more information, or to book onto any session please contact Sean on 07772151545, or email sean@pocklingtontennis.com.

Cardio Tennis

Combines the game of tennis with a workout. Using high-energy drills and situations, players will enjoy this extremely fun and inclusive sport. Music helps to keep players motivated and energised. Song requests are accepted! Age or ability does not matter, it's about enjoying tennis whilst burning some calories!

Doubles Tactics

This gives players the chance to brush up their doubles game before and during the season. By setting up specific doubles situations, players will learn different ways to beat their opponents using the tactics they have acquired. They will then have the chance to put these tactics into practice through match-play.

Tennis Xpress

This session is for players who are new or relatively new to the game, or have been out of the game for a while and wanting to get back into it. Technical advice will be given to players, to enable them to improve their confidence when hitting the ball. It is hoped that players attending the 'Tennis Xpress' course will aim towards being confident enough to attend further lessons and social club sessions to integrate into the club.

Intermediate/Advanced Drills

This session is for capable players, and is an opportunity to work on certain shots in certain situations. There will be the opportunity to focus in on technique as well as tactics. Certain shots will be looked at, coached, and then participants will have the opportunity to put what they have learned into open play situations.

Private Lessons

Private lessons can be done on a 1-2-1 basis, or with a group of individuals who want to book a lesson in to work on specific things they feel will help their game. These lessons are booked at a time to suit you, and are the quickest way to improve technique and tactics. Private lessons can be 30mins, 45mins or 1hr long. Prices start from just £15.