

## Pocklington Tennis Academy Adult Programme

<u>DAY/TIME</u>	MONDAY	THURSDAY	FRIDAY	SATURDAY
9AM	CARDIO TENNIS/ BEGINNERS		CARDIO TENNIS	
10AM	CARDIO TENNIS/ BEGINNERS		DOUBLES	
2PM				DOUBLES
6PM		RUSTY RACQUETS/ BEGINNERS		
<u>DATES</u>	FEB 24 MAR 2, 9, 16, 23, 30	FEB 27 MAR 5, 12, 19, 26 APR 2	FEB 28 MAR 6, 13, 20, 27 APR 3	FEB 29 MAR 7, 14, 21, 28 APR 4

## **INFO**

- Our adult sessions are open to members and non-members, and are ran on a pay & play basis.
- All sessions are £6 for members, and £8 for non-members.
- Sessions will run termtime.
- For more information, or to book onto any session please contact Sean on 07772151545, or email [sean@pocklingtontennis.com](mailto: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**

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.

## **Rusty Racquets/Beginners**

This session is for players who are 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 'Beginners' session will aim towards the 'Drills' or Adult Club Night sessions where they can progress their tennis skills further.

## **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.