

## Pocklington Tennis Academy Adult Programme

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

## **INFO**

- Our adult sessions are open to members and non-members, and are ran on a pay & play basis (except Thursday 6pm Beginners/Improvers which will run as a 6 week course).
- Sessions are £7 for members, and £9 for non-members.
- Thursday 6pm Beginners/Improvers is £30 for the 6 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](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 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.

## **Beginners/Improvers**

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 'Beginners' session will aim towards the 'Doubles Tactics' or Adult Club Night sessions where they can progress their tennis skills further.

## **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.