

ADULT TENNIS

6 WEEK TERMS COMMENCING

MONDAY 10TH SEPTEMBER & 22ND OCTOBER

NO LESSONS 29th OCTOBER - 4th NOVEMBER

Levels

Beginner

These classes will start from the very beginning. How to hold the racquet, keep score, tennis etiquette, and the fundamentals of proper technique for all strokes.

Improver

An improver has recently graduated from being a beginner. They have a thorough understanding of all the shots but are not quite experienced enough in court situations.

Intermediate

Intermediate has a solid understanding of the fundamentals of all the shots, and could consistently keep the ball in play in a friendly situation.

Advanced

An advanced player feels they have a very good command of their baseline shots but they often find when playing that they come across situations that make them uncomfortable - i.e. their opponent coming to the net etc. Both singles and doubles issues and tactics will be explored in this course along with tactics to counter them.



Prices for 6 Weeks

Club Members: €105

Non-Members: €120

Tennis Club Members: €90

Must be booked and paid for in advance.

Classes

Beginner

Monday 8.00-9.30pm

Wednesday 6.30-8.00pm

Improver

Tuesday 8.00-9.30pm

Wednesday 8.00-9.30pm

Intermediate

Tuesday 6.30-8.00pm

Advanced

Thursday 8.00-9.30pm

ADVANCED CLASSES

Players must be assessed before joining the course



**WEST WOOD
TENNIS ACADEMY**

REGISTER AT THE RECEPTION DESK

Contact the reception on 01 853 0353 or
email clontarftennis@westwood.ie for more details