



**WEST WOOD
TENNIS ACADEMY**

Adult Social Tennis

STARTING 10TH SEPTEMBER 2018

Monday €8 for WW Members

Tennis Fitness Circuit	7.00-8.00pm
Social Matchplay	8.00-9.30pm

Tuesday €8 for WW Members

Improver Drill	7.00-8.00pm
High Performance Drill*	8.00-9.30pm

Wednesday €8 for WW Members

Improver Drill	7.00-8.00pm
Social Matchplay	8.00-9.30pm

Thursday €8 for WW Members

Tennis Fitness Circuit	7.00-8.00pm
Improver Drill	8.00-9.30pm

Friday €8 for WW Members

Social Matchplay	10.30am-12.00pm
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Saturday €8 for WW Members

Improver Drill	6.00-7.00pm
Social Matchplay	7.00-8.30pm

Class Descriptions

Tennis Fitness Circuit

One hour of tennis based endurance drilling. Improve your tennis agility and work on your shots under fatigue. Builds endurance, concentration and mental strength.

Improver Drill

A session of drilling designed to help an improver player become more confident and consistent.

High Performance

A session based on the needs and skills of advanced players.

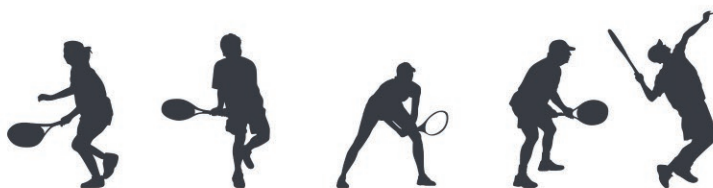
Matchplay

Singles and/or doubles format matches.

*All players must be assessed by a coach.

For an extra €15 per month on your membership, social club sessions are FREE! *

**Subject to relevant membership plan*



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