

# ADULT TENNIS

## WINTER 10 WEEK TERM

TERM RUNS MONDAY 9th JAN - SUN 24th MARCH

NO TENNIS MID-TERM BREAK 20th FEB' - 24th FEB'

### 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.



### Cost

#### Regular Price

Club Members: €210

Non-Members: €265

Tennis Club Members: €155

#### Early-Bird Price

Must be booked before 1st January

Club Members: €170

Non-Members: €190

Tennis Club Members: €140

### Classes

#### Beginner

Monday 6.30-8.00pm

Wednesday 8.00-9.30pm

Thursday 6.30-8.00pm

#### Improver

Tuesday 6.30-8.00pm

Thursday 8.00-9.30pm

#### Intermediate

Tuesday 8.00-9.30pm

Wednesday 6.30-8.00pm

#### Advanced

Monday 8.00-9.30pm

### ADVANCED CLASSES

Players must be assessed before joining the course



## REGISTER AT THE RECEPTION DESK

Contact the tennis office on 01 805 7832 or email [clontarftennis@westwood.ie](mailto:clontarftennis@westwood.ie) for more details