

COASTAL TENNIS



Term 3 2020

At City Beach Tennis Club, 6 Frinton Avenue, City Beach
Nick Kirkbride (Tennis Coaches Australia Club Professional) 0419 923 495

JUNIOR COACHING

All lessons run for a 8 week period

Wet weather policy: We will add a credit to the following term or a make up lesson can be attended on any other day.

Class Type	Day	Time	Term Commences	Group Size	Cost
TINY TENNIS 3-5 yrs (Launch Pad Stage) Modified Equipment Used	Tuesday Wednesday Friday	3.45-4.15pm 3.45-4.15pm 3.45-4.15pm	28 th July 29 th July 31 st July	5 max. 5 max. 5 max.	\$120.00 \$120.00 \$120.00
JUNIORS 5-7 yrs (Red Stage) Modified Equipment Used	Tuesday Thursday Friday	4.15-5.00pm 4.15-5.00pm 4.15-5.00pm	28 th July 30 th July 31 st July	6 max. 6 max. 6 max.	\$150.00 \$150.00 \$150.00
JUNIORS 8+ yrs (Orange Stage) Modified balls used	Tuesday Thursday Friday	4.00-5.00pm 4.00-5.00pm 4.00-5.00pm	28 th July 30 th July 31 st July	6 max. 6 max. 6 max.	\$180.00 \$180.00 \$180.00

Juniors Orange Stage is for players of a beginner level 8+years

JUNIORS 9+ yrs (Green Stage) Modified balls used	Tuesday Thursday Friday	4.00-5.00pm 4.00-5.00pm 4.00-5.00pm	28 th July 30 th July 31 st July	6 max. 6 max. 6 max.	\$180.00 \$180.00 \$180.00
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Juniors Green Stage is for players of an intermediate level 9+years



ADULT COACHING

Class Type	Day	Time	Term Commences	Group Size	Cost
NIGHT MATCH PLAY	Monday	7.00-8.30pm	20 th July	n/a	\$20.00 per class

An Intermediate/Advanced standard session made up of game based drills and match play.

LADIES MORNING	Friday	9.15 to 11.15am	24 th July	n/a	\$30.00 per class
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An enjoyable social morning suitable for all standards that involves coaching drills as well as supervised doubles double's play with positioning and tactical instruction.

BEGINNER/ INTERMEDIATE	Tuesday	6.30-7.30pm	28 th July	6 max.	\$15.00 per class
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Learn the fundamentals of the game in this 8 week program. Includes an introduction to match play.



CARDIO TENNIS	Monday Tuesday Wednesday Thursday	9.15-10.15am 9.15-10.15am 9.15-10.15am 9.15-10.15am	Ongoing	n/a	\$20 per class or \$170 for 10 sessions
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Cardio Tennis is a fun, social, group tennis-fitness program for people of all ages and abilities.
It's more about getting a great, high-energy workout than pure tennis technique.

PRIVATE TUITION

1/2 hour \$40	3/4 hour \$60	1 hour \$80
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Whether you're a beginner or an advanced player, private tuition will help take your game to the next level quickly. Available for all ages.

**To book a session with one of our Professional Coaches, call
Nick Kirkbride 0419 923 495**

Discounted rates apply when booking a block of 8 or more lessons

**ENROL AND PAY NOW AT
WWW.COASTALTENNIS.COM.AU**