

## Adult Coaching Timetable

### COURSES 6 weeks Start 11th/12th January + 1st/2nd March 2019

Session	Recommended Grade	Day	Time	Courts	Coach	Members	Non-Members
BEGINNER COURSE	Copper	Friday	9.30 – 11.00	Outdoor CLAY	James Thomas	£48	£66
IMPROVER COURSE	Bronze	Friday	11.00 – 12.30	Outdoor CLAY	James Thomas	£48	£66
IMPROVER COURSE	Bronze	Saturday	10.00 – 11.30	Outdoor CLAY	Martin Home	£48	£66
BEGINNER COURSE	Copper	Saturday	11.30 – 13.00	Outdoor CLAY	Martin Home	£48	£66
<b>AD-HOC CHECK WITH RECEPTION FOR SPACES 01462 675444</b>						£12	£15

### DRILLS — BOOK ON AT RECEPTION (Drills on during school term time only)

Session	Recommended Grade	Day	Time	Courts	Coach	Members	Non-Members
DAYTIME DRILLS	Silver/Gold	Wednesday	10.00 – 11.30	Indoors	Jerry Rose	£12	£20

### CARDIO TENNIS — JUST TURN UP TO EACH SESSION (school term time only)

Session	Recommended Grade	Day	Time	Courts	Coach	Members	Non-Members
CARDIO TENNIS	All	Tuesday	13.00 – 14.00	Indoors	James Thomas	£7	£15*
CARDIO TENNIS	All	Thursday	9.30 – 10.30	Indoors	James Thomas	£7	£15*
CARDIO TENNIS	All	Friday	19.30 – 20.30	Indoors	Charlotte Gibbons	£7	£15*



**Cardio**-Hit to the beat and keep fit with our fun and high-energy tennis-inspired musical workout.  
\*Non- members pay £8 guest fee (payable at Reception) and £7 to the Cardio Coach.

**Daytime Drills**— Improve your consistency and learn new skills with similar standard players in a social environment. Involves high-repetition and game-based drills with friendly competition.

### Grading Structure

**Copper (Adult Beginners)**- These players are new to the game or have not played for a number of years.

**Bronze (Adult Improver)**- Players have a complete understanding of how to play a set. They can serve and return consistently

**Silver (Adult Social Players)**- These players compete in the external leagues such as the Datchworth and Orchard .

**Gold (Adult Team Players)**- These players compete in external leagues such as the Datchworth and Orchard Leagues but are also transitioning into the higher County leagues such as AEGON Team Tennis events and the Herts League.

**Platinum (Adult Advanced Team Players)**- These players compete in the higher regional & county divisions for all leagues.