

# NEW HIGHGATE ADULT COACHING PROGRAMME STARTS

## 6th June – 23<sup>rd</sup> July 2016 for 7 weeks

To book the full course, please go to the following link - [http://highgate.totalleisure.com/dw\\_CourseTimeline.php?daterange=&course\\_type=1](http://highgate.totalleisure.com/dw_CourseTimeline.php?daterange=&course_type=1)

If there are spaces you will be able to sign up on a drop in basis in the clubhouse – please check the noticeboard for availability.

Day	Time & Course Type	Session	Description	Coach	Courts	Course Cost (6 weeks)	Cost per session
<b>Monday</b>	9.30am-11.00am  DROP IN	<b>Beginners</b> <i>Max 8 per session</i>	An introduction to the game of tennis with an opportunity to learn correct technique on basic shots and to gain an understanding of how to play fun, sociable, competitive matches.	Sara	Court 1	n/a	£12 £14 Non-Member
<b>Monday</b>	11.00am-12.30am  DROP IN	<b>Improvers</b> <i>Max 8 per session</i>	Aimed at players wishing to further improve their shot technique within game based drills and exercises. There is also more focus on the tactical side of the game.	Sara	Courts 1&2	n/a	£11 £13 Non-Member
<b>Monday</b>	8.00pm – 9.30pm  <b>COURSE</b>	<b>Beginners</b> <i>Max 8 per session</i>	An introduction to the game of tennis with an opportunity to learn correct technique on basic shots and to gain an understanding of how to play fun, sociable, competitive games.	Piotr	School Courts A & B	£73.50 £94.50 Non Member	n/a
<b>Thursday</b>	7.00pm – 8.00pm DROP IN	<b>Improvers</b> <i>Max 8 per session</i>	Aimed at players wishing to further improve their shot technique within game based drills and exercises. There is also more focus on the tactical side of the game, particularly doubles.	Sara	School Court A	n/a	£9 £11 Non-Member
<b>Friday</b>	11.00am-12.30pm DROP IN	<b>Improvers</b> <i>Max 8 per session</i>	Aimed at players wishing to further improve their shot technique within game based drills and exercises. There is also more focus on the tactical side of the game, particularly doubles.	Rob	Court 1	n/a	£11 £13 Non-Member

Day	Time & Course Type	Session	Description	Coach	Courts	Course Cost (6 weeks)	Cost per session
Saturday	9.30am-10.30am <b>COURSE</b>	<b>Beginners 2</b> <i>Max 8 per session</i>	Players who have already complete at least 2 beginners course but are not yet at improvers level. Coaching will be focused on advancing players technique.	Steve	School Courts C & D	£49 £63 Non Member	n/a
Saturday	11.30am-12.30pm <b>COURSE</b>	<b>Beginners</b> <i>Max 6 per session</i>	An introduction to the game of tennis with an opportunity to learn correct technique on basic shots and to gain an understanding of how to play fun, sociable, competitive matches.	James	School Courts C & D	£49 £63 Non Member	n/a
Saturday	1.30pm-3.00pm <b>Book Online</b>	<b>Intermediate &amp; Advanced</b> <i>Max 12 per session</i> <i>Members Only</i>	This session will cover intensive drills, fitness and tactics. Tactics and themes are developed within game based drills.	Steve & Toby	School Courts A, B,C & D	n/a	£11

## PLAYING LEVELS

**Beginners** - Players who are new to the sport or that have received very little coaching. Ladder 11+

**Beginners 2** – Players who have already complete at least 2 beginners course but are not yet at improver’s level.

**Improvers** - Players who are not beginners but still wish to improve their technique. They can serve with consistency and rally over 10 shots.

**Intermediate-** Men’s team 6, Ladies teams 3-6. Ladders 6-10

**Advanced** - Men’s teams 3 – 5, ladies teams 1-2. Ladders 1-5

**Performance** - Men’s teams 1 – 2 and selected HPT juniors.

**Please Note:** These playing levels are merely guidelines to give an indication of the standard required. Coaches are able to invite members who fall outside of a level if they are deemed suitable for the class. For more info please email [coaching@highgate-tennis.co.uk](mailto:coaching@highgate-tennis.co.uk)

### The small print

- Courses will run as long as there are four participants signed up for the full course.
- Priority will be given to those booking the full course. If there are still places available on a course you can still attend on a drop-in basis. Availability will be shown on the board in the clubhouse and where you can sign up for forthcoming sessions. We will also provide an update on available places in the weekly newsletter.
- Those attending drop-in sessions please pay the coach directly.
- Fees are non- refundable however if an individual’s place can be filled by someone on the waiting list or a replacement booking is taken credit will be given against future coaching/membership activities.
- Where a player has been injured or ill for a continuous period of more than three weeks, credit may be given for sessions missed from the fourth week onwards.