



ADULT COACHING & CARDIO TENNIS



January – April 2017

Classes start week beginning Monday 9th January

There will be **no classes week beginning Monday 13th February**

COACHING CLASSES

DAY	TIME	NO. OF WEEKS	SQUAD TYPE	LEVEL	COSTS	
					Members	Non-Members
MON	9.30am – 11.00am	12	Mixed	Improver / Intermediate	£108	£156
	6.00pm – 7.00pm	12	Mixed	Beginners	£72	£108
TUE	10.30am – 11.30am	12	Ladies	Intermediate	£72	£108
	6.00pm – 7.00pm	12	Mixed	Improver 2	£72	£108
	7.00pm – 8.00pm	12	Mixed	Improver	£72	£108
	8.00pm – 9.00pm	12	Mixed	Intermediate	£72	£108
WED	9.30am – 10.30am	12	Mixed	Beginners	£72	£108
	10.30am – 11.30am	12	Ladies	Intermediate	£72	£108
	11.30am – 12.30pm	12	Mens	Advanced	£72	£108
	6.00pm – 7.00pm	12	Mixed	Beginner	£72	£108
	8.00pm – 9.00pm	12	Mixed	Improver 2	£72	£108
THUR	10.00am – 11.30am	12	Coaching	Improver 2	£108	£156

CARDIO CLASSES

The focus is on a good cardio workout through fun drills and games. It's also a chance to practice as you will hit a lot of balls. Players can take the class at their own pace

DAY	TIME	NO. WEEKS	COSTS
TUE	9.30am – 10.30am	12	Members: £72
WED	7.00pm – 8.00pm (Advanced Cardio)	12	
FRI	11.00am – 12.00pm	12	Non-Members: £108

Wednesday 7pm – Advanced cardio will be a harder workout and the min playing level is Intermediate.

If you are not sure what class would suit you or if have any other questions, please contact Chris Sanlon:

T: 07751 469765 E: chris@belfastboatclub.com

SINGLES SQUADS

Monday evenings for members only.
Limited to 4 players per coach with the emphasis on singles play.

7pm: Improver/Intermediate

8pm: Advanced Singles

(Min Internal league level:

Ladies – Level 1 / Men – Level 1 or 2)

7 Weeks starting Mon 20th Feb - £63

SIGN UP

To sign up for any of the classes please contact Reception on 9066 5012

Please note that payment is due when you sign up. Card payments taken over the phone.

If a class is not fully booked players can attend on a weekly basis. The cost for this is £9 / hour for members & £12 / hour for non-members.

www.belfastboatclub.com