

ADULT TENNIS

- ◇ All coaching provided by The John Heurman Tennis Academy
- ◇ Option of pay and play or booking for a whole course
- ◇ Classes for all levels from Beginner to Club Team player
- ◇ Coaching run at Hollybush Tennis Centre, Hollybush Lane, Sevenoaks

Level 1: Beginners/ Rustys

Suitable for complete beginners or those who have not picked up a racquet in years!

All the basics shots, positions and tactics are covered

Level 3: Intermediate

Those with established skills looking for more advanced techniques and tactical implications for their game

Level 2: Improvers

Those who have already achieved a basic level and need more technical input together with doubles and singles tactics

Level 4: Team Player

Those who are of a level to represent local clubs in leagues and who are keen to play more competitive tennis

ADULT COACHING TIMETABLE

All Pay and Play sessions run throughout the school term

Courses start the week commencing **Monday 12th September 2011

Monday**	9am-10.30am	Level 1	10 wk course	£90nm, £80m
Tuesday	9am-10am	All Levels	CARDIO TENNIS	£6 PER SESSION
Tuesday	10am-12pm	Level 2	Pay and Play	£11nm, £10m
Wednesday	10am-12pm	Level 3	Pay and Play	£11nm, £10m
Thursday	9.30am-11.30am	Level 2	Pay and Play	£11nm, £10m
Friday	10am-12pm	Levels3 & 4	Pay and Play	£9nm, £8m

To Book—Telephone: **01959 523377**

Email: **sevenoakstennis@btinternet.com**

Website: **www.tennisacademy.org.uk**



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ADULT COACHING TIMETABLE

All Pay and Play sessions run throughout the school term

Courses start the week commencing **Monday 9th May 2011

Monday**	9am-10.30am	Level 1	10 wk course	£90nm, £80m
Tuesday**	9am-10.30am	Level 1	10 wk course	£90nm, £80m
Tuesday	10am-12pm	Level 2	Pay and Play	£11nm, £10m
Wednesday	10am-12pm	Level 3	Pay and Play	£11nm, £10m
Thursday	9.30am-11.30am	Level 2	Pay and Play	£11nm, £10m
Friday	10am-12pm	Levels 3 & 4	Pay and Play	£9nm, £8m
Sunday**	11.30am-1pm	Levels 3 & 4	Members Session	£FREE JOIN NOW!

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