

## Adult Programme Planner Summer

5th June - 22nd July ( 7 weeks )

Prices vary from £9.50 per session non members to £6 members

All groups require booking in advance.

Please email : [suzy.breakpointtennis@gmail.com](mailto:suzy.breakpointtennis@gmail.com) or tel 07870 169 215

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|---|--------------------|--|
| <b>Cardio Tennis</b><br><i>Great fun and great exercise. Bounce to the beat of the music. No tennis skills required.</i>                                      |                    |  |
| Monday 7:30 - 8:30pm  | Wednesday 9 - 10am |  |
| <b>Back Into Tennis</b><br><i>For players who play a little or have had a break from the game. Suited to players of intermediate level or better.</i>         |                    |  |
| Wednesday 7:30 - 8:30pm   |                    |  |
| <b>Tennis Tuesdays</b><br><i>This is a women only session for players of intermediate level or higher. Each session focuses on a specific theme.</i>          |                    |  |
| Tuesday 10 -11am  | Tuesday 7 - 8pm    |  |
| <b>New Diagnostic Doubles</b><br><i>For players with some or lots of experience of doubles. Each session focuses on a specific training drill for doubles</i> |                    |  |
| Friday 9 - 10:30am  |                    |  |
| <b>New Smart Singles</b><br><i>Learn to play smart singles. Each session focuses on a specific training drill for singles.</i>                                |                    |  |
| Friday 10:30 - 12pm   |                    |  |