

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 or tel 07870 169 215

Cardio Tennis <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	
Back Into Tennis <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		
Tennis Tuesdays <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	
New Diagnostic Doubles <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		
New Smart Singles <i>Learn to play smart singles. Each session focuses on a specific training drill for singles.</i>		
Friday 10:30 - 12pm		