

NEW YEAR, NEW YOU



Tennis
Clubmark



Adult Tennis Coaching **FREE** **THIS JANUARY**

**All
equipment
is provided
and coaches
are all LTA
qualified**

This January we are offering a new and comprehensive coaching programme for adults wishing to get fit, learn to play a new sport, meet new people, or to get back into tennis. At NOLTC we can offer you the perfect session to suit.

OPEN TO MEMBERS AND NON MEMBERS

Call: **07870 169 215** or email: **breakpointtennis@icloud.com**

Adult Planner

January **FREE** Taster sessions...

To book on or enquire please call us on

07870 169215 or email **suzy.breakpointtennis@gmail.com**

Starts
**Monday
8th Jan**
Through to
Wed 31st Jan



Cardio Tennis

Great fun and great exercise. Bounce to the beat of the music. No tennis skills required.

Wednesday 7.30 - 8.30pm

Saturday 10 - 11am



Tennis Tuesdays

Themed weekly coaching for intermediate level women.

Tuesday 12.30 - 1.30pm

Tuesday 6.30 - 7.30pm



Adult Beginner Course

A 6 week course for complete beginner. You will learn to play, score and rally. Equipment provided

Saturday 9 - 10am

Monday 10.30 - 11.30am



Diagnostic Doubles Clinic

For players with lots of tennis experience. The focus is on strategy and conditioned practise.

Wednesday 10.30 - 12pm

Thursday 7.15 - 8.15pm



Get Back Into Tennis

For players who have played some tennis and are looking to develop there skills further.

Wednesday 7.30 - 8.30pm

Saturday 9 - 10am



The Oxford Hawks Adult Sunday Session

An ideal opportunity to receive tennis coaching whilst your child plays Hockey. £7.50 pay and play.

Sunday 9 - 10am.



Fridays is Family Tennis

On Friday night come along and learn to play tennis as a family with supervised coaching.

Friday 6.30 - 8pm

Registration

Name:

DOB:

Email:

Tel:

Coaching Group:

Member: Yes/No

Medical Conditions:

PayPal and Bacs details upon request. Cheques to be made payable to 'Breakpoint Tennis' and return to:
Breakpoint Tennis, 54 Elmhurst Way, Carterton, Oxon, OX18 1EY.