

Woodstock Tennis Academy



ADULT COACHING PLANNER

Monday 9th January – Saturday 25th March 2023

Cardio Tennis

Monday 09:15 – 10:15 am

Cardio Tennis is a fun, sociable group fitness class set on a tennis court and open to adult players of all ages and abilities. Supported by music and LTA qualified instructors, you will get to hit lots of tennis balls during your class and have a great cardio workout at the same time.

[To Book Cardio Tennis Click Here!](#)

Diagnostic Drills

Monday 10.30 – 11.30 am

This course is all about meeting other players and having fun! The course introduces the basic skills of tennis while introducing players to the scoring system and the rules. It is aimed at adult players who have a basic understanding of the game and have played a bit of tennis before.

[To Book Diagnostic Drills Click Here!](#)

Doubles Positioning and Tactics

Saturday 9.00 -10.00 am

This popular course looks at doubles specific teaching, aimed at those who are playing informal and formal matches. The teaching themes will include positioning of the server's partner, serve and return, volleying and smashing. This course is in high demand and places are offered on a first come, first serve basis so don't miss out!

[To Book Doubles Positioning and Tactics Click Here!](#)

Please note: There will be no sessions during Feb Half term 13th – 18th February 2023

Costs for the 10-week term:

Woodstock Club Members: £9.00/hr, 10 x 1 hr sessions £90

Non-Members: £13.50/hr, 10 x 1 hr sessions £135.00

For all enquiries email woodstocklta@gmail.com New members joining after the term has started will be offered a *pro rata* price for the number of weeks remaining. In the unlikely event the coach cancelling a session (owing to inclement weather for instance), an extra session will be added after the end of the term.