

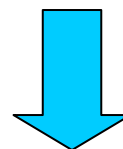
# evolve adult coaching

The following adult coaching programme will operate at the Muritai Tennis Club:

**Term 4 2019:** Monday 14 October – Sunday 22 December (10 weeks)

**Term 1 2020:** Monday 27 January – Thursday 9 April (11 weeks)

<b>Skill Development</b>			
<b>Beginners (0-2 years)</b>	<b>Days</b>	<b>Times</b>	<b>10 week cost</b>
Build stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding. Ratio 1:6	<b>W</b>	<b>7:30-8:30pm</b>	<b>\$180</b> (1 day)
<b>Intermediate (2+ years)</b>	<b>Days</b>	<b>Times</b>	<b>10 week cost</b>
Build consistency on all strokes, develop understanding of tactical fundamentals in singles and doubles, warm up and down routines, match routines. Encourage interclub tennis. Ratio 1:6	<b>W</b>	<b>7:30-8:30 pm</b>	<b>\$180</b> (1 day)



<b>Performance</b>			
<b>Interclub team training</b>	<b>Days</b>	<b>Time</b>	<b>Term cost</b>
Volley confidence, serve placement, groundstroke consistency, doubles positioning, team tactics.	<b>W Sun</b>	<b>60-90 mins</b>	<b>TBA</b>

<b>Private Lessons</b>	<b>Days</b>	<b>Time</b>	<b>Per Hour</b>
Structured for your individual game style and skill level. Private lessons are a great way to make rapid progress and make changes in your game. We have tiered pricing based on the qualifications and experience of the coach.	<b>W Sun</b>	<b>Contact Evolve to arrange</b>	<b>Maja \$65 / \$37.50 Jamie \$60 / \$35</b>

**For more information or to register contact:**

**Phone:** (04) 479 1386 **Email:** info@evolvetenniscoaching.co.nz

**evolve tennis coaching**

Muritai Tennis Club, 356 Muritai Road, Eastbourne | [www.evolvetenniscoaching.co.nz](http://www.evolvetenniscoaching.co.nz)