

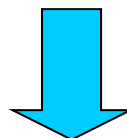
evolve adult coaching

The following programme will operate at the Khandallah Tennis & Squash Club:

Term 2 2025: Monday 28 April – Friday 27 June (9 weeks)

Term 3 2025: Monday 14 July – Friday 19 September (10 weeks)

Skill development			
Beginners (0-2 years)	Days	Time	10 wk cost
Build stroke technique, directional hitting, serving rhythm, basic tactical awareness and implementation, court etiquette, scoring and doubles understanding 1 Coach:6 Players	M Tu W	7:30-8:30pm 1-2pm 6:30-7:30pm 6:30-7:30pm	\$250 (1 day)
Intermediate (2+ years)			
Build consistency on all strokes, develop understanding of tactical fundamentals in doubles and singles, warm up and down routines, match routines. Encourage interclub tennis. Ratio 1:6	M Th F	7:15-8:15pm 6:15-7:15pm 7-8:30pm 11.30am-12.30pm	\$250 (60min/1 day) \$330 (90min/1 day)



Performance			
Advanced Training	Days	Time	10 wk cost
Build on tactical knowledge, develop 1-2 combinations, pre-match, during and post-match routines to maintain emotional control. Flexibility, strength and speed. Ratio 1:6	Contact Evolve to arrange	90 minutes	\$330 (1 day)
Interclub Team Training			
Volley confidence, serve placement, groundstroke consistency, doubles positioning, team tactics.	Contact Evolve to arrange	60-90 minutes	TBA

Private lessons	Days	Time	Per hour/half hour
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.	Contact Evolve to arrange	30-60 minutes	Head Coach \$85-90 / \$50-\$55 Senior Coach \$72.50-\$80 / \$45-\$47.50

For more information or to register contact:

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

evolve tennis coaching

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