

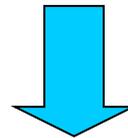
evolve adult coaching

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

Term 4 2025: Monday 6 October – Friday 19 December (11 weeks)

Term 1 2026: Monday 2 February – Thursday 2 April (9 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	\$260 (1 day)
Intermediate (2+ years)	Days	Time	10 wk cost
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	7:15-8:15pm	\$260 (60min/1 day)
	Th	7-8:30pm	\$340 (90min/1 day)
	F	11.30am-12.30pm	\$340 (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	\$340 (1 day)
Interclub Team Training	Days	Time	10 wk cost
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 \$87.50-93 / \$52.50- \$56 Senior Coach \$75-\$82.50 / \$45- \$50

For more information or to register contact:

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

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