

## Adult Coaching Sessions

Adult group coaching is a great way to meet new friends while improving your tennis skills and fitness. Mullingar tennis club offers a variety of coaching sessions for the adult beginner, intermediate and advanced players.

For more info and to sign up for the adult coaching sessions , please contact Norman on 0877432805

Adult coaching sessions	Day	Cost	Term 1 (6 Weeks)
<b>Play &amp; Stay</b> <ul style="list-style-type: none"> <li>Introduction to the tennis club</li> <li>Serve, rally &amp; score in first session</li> <li>Course fee deducted when becoming a member</li> <li>New course starting every month</li> </ul>	Every Monday 19.30-20.30	€20,=	5/9/11 -26/9/11
<b>Fit in the morning</b> <ul style="list-style-type: none"> <li>For players new to the game or those who haven't played in a while</li> <li>Session 2 for int /adv players looking to improve tactically and technically</li> </ul>	Tuesday Beginners :10.00-11.00 Intermediate :11.00-12.00	€60,=	20/9/11-25/10/11
<b>Wednesday workout</b> <ul style="list-style-type: none"> <li>Cardio tennis</li> <li>Fun tennis fitness workout to music</li> <li>For all standards</li> </ul>	Wednesday 20.00-21.00	€60,=	21/9/11-26/10/11
<b>Tuesday/Thursday sessions</b> <ul style="list-style-type: none"> <li>For intermediate/ advanced players</li> <li>Doubles Practice and Tactics</li> </ul>	Tuesday/Thursday 20.00-21.00	€60,=	22/9/11-27/10/11
<b>Adult individual session</b> 1 hr session	Monday to Saturday	€35,= Per lesson	19/9/11-27/10/11