



Clifton Indoor Tennis Centre



Adult Tennis Course Application Form Sept 2010

Tuesdays

7 x week courses – starting Tuesday 7th Sept 2010

A1. Adult Intermediate Evening	7.00pm – 8.30pm	<u>BACS</u> £70.00	<u>Cheque</u> £75.00
---------------------------------------	------------------------	--------------------	----------------------

Wednesdays

7 x week courses – starting Wednesday 8th Sept 2010

A2. Adult Intermediate Morning	9.15am– 10.45am	£70.00	£75.00
---------------------------------------	------------------------	--------	--------

A3. Adult Cardio Tennis Evening	6.00pm – 7.00pm	£56.00	£61.00
--	------------------------	--------	--------

A4. Adult Beginners Evening	7.00pm – 8.00pm	£56.00	£61.00
------------------------------------	------------------------	--------	--------

Thursdays

7 x week courses – starting Thursday 9th Sept 2010

A5. Adult Intermediate Morning	9.15am– 10.45am	£70.00	£75.00
---------------------------------------	------------------------	--------	--------

A6. Adult Advanced Evening	7.00pm – 8.30pm	£70.00	£75.00
-----------------------------------	------------------------	--------	--------

Course/s Total = £ _____

Payment by **BACS** to **First Service Tennis** at **HSBC Bank UK, Bristol**. **Sort Code: 40-14-09 Account Number: 31480715 (Please quote Course Code & your name on all Payments)** If paying by cheque, make payable to First Service Tennis & send with completed form to Director of Tennis, Clifton Indoor Tennis Centre, Abbots Leigh Road, Abbots Leigh, Bristol. BS8 3QD by Friday 20th August to secure your place!

For further info contact Greg on **Mobile 07929 900715** or email greg@firstservicetennis.com

www.firstservicetennis.com



ADULT Application Form Clifton Indoor Tennis Centre Sept 2010



Name..... D.O.B..... Course/s Code/s.....

Address..... I have paid using BACS/ by cheque (please delete) Total £.....

.....Any Medical Conditions?.....

Mobile..... Home Tel.....

Email..... SIGNED.....

How did you find out about this course?.....

www.firstservicetennis.com



Adult Course Description

Adult Beginners - For adults who want to start learning the game and are looking for a new challenge in life – look no further! Sessions will cover basic technical and tactical aspects incorporated within a games based approach which allows progressive learning, making it fun and enjoyable. Sessions will involve drills and introduction to matchplay.

Adult Intermediate - For those who want to further improve their technical and tactical game with a view to competing in club events/tournaments. Players should be capable of hitting with spin on all the basic strokes. A sound knowledge of the rules and tactics for both singles and doubles is required.

Adult Advanced - This course is aimed at players who have a sound understanding of all the basic strokes and will provide an invaluable insight into the more advanced tactics for both singles and doubles. The sessions will involve a range of drills to improve technique and gain a greater understanding of the tactics, together with an opportunity to meet up with fellow competitors of similar high standard to train against in point and matchplay.

Adult Cardio Tennis - This session is based around basket drills and high intensity exercises to music!! Players must be fit and prepared to work at a high tempo. The drills will be tactically and technically based with players hitting lots of balls, working at maximum rates and raising the pulse levels high. All players must be of the Intermediate or Advanced standard!

www.firstservicetennis.com