



## PRIVATE TENNIS COACHING for Adults and Children

8 week blocks

Here is a great opportunity to improve your skills and tactics quickly with personalised lessons. Your weekly lesson times can be arranged by appointment. Lessons are held over 8 week blocks. Individualised packages can be tailored upon request.

8 x 30 minute lessons (\$37/lesson)	\$296.00 per person
8 x 45 minute lessons (\$55/lesson)	\$440.00 per person
8 x 1 hour lessons (\$68/lesson)	\$549.00 per person

## SEMI PRIVATE TENNIS COACHING for Adults and Children

(2 students per lesson)

8 week blocks

Semi-Private lessons are available for **two people** of any age or ability to share. It's a great way to receive detailed attention to your tennis game PLUS reduce the cost of private tennis lessons for two!

> Great for siblings, friends, family members and couples who want to take a class together but do not want to be in a group class.

8 x 1 hour lessons (\$37 /lesson/student)	\$592.00 for 2 students (\$296.00 per person)
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> The lessons are focused on acquiring and improving tennis skills and pin pointing your specific strengths and weaknesses.

## GROUP TENNIS COACHING especially for kids

\*TENNIS AUSTRALIA- KIDS STARTER PROGRAM

8 week blocks

### MLC Tennis Hot Shots

Start Playing Now! MLC Tennis Hot shots program is a fun and exciting way for children to get into tennis. Using modified courts, racquets and balls keeps things fun and easy! **The program is based on a "learning through play" philosophy where children serve, rally and score.** MLC Tennis Hot Shots is Tennis Australia's official starter program, designed to let kids develop technically and tactically in an environment that's always fun and exciting. Kids love it - they are ready to start as soon as they can swing a racquet!

Children will:

have lots of fun and stay healthy, meet new friends and develop social skills, play with modified balls and equipment designed especially for kids to develop skills and tactical awareness, have the opportunity to play in a fun and safe environment.



MLC Hot Shots - Little Smash 4-7 year olds (max of 6 pupils per lesson)	30 minute lesson	\$125 per person
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Learn to: modified balls, courts, and equipment

- > rally with a partner and anticipate opponent's shots
- > vary ball speed and direction - move an opponent in a rally situation
- > volley and smash with some control and consistency

MLC Hot Shots - Junior champ (orange balls) / Champ 7-13 y.o. (green&yellow balls)	1 hour lesson	\$229 per person
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Learn to: > play on a full-size court through the "learning to play" pathway

- > hit a circular swing, consistent contact point on groundstrokes, rhythmic service motion, volley and smash with control
- > hit the ball with purpose, changing the speed, height, spin and direction
- > understand fair play and demonstrate this when playing

## GROUP TENNIS COACHING

8 week blocks

14 to 18 y.o lessons: beg/inter/adv (max of 6 pupils per lesson)	1 hour lesson	\$229 per person
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Available to all standards of players, social friendly competitive lessons specifically designed for 14 years and above. Learn to:

- > perfect shoulder turns, circular swing and groundstrokes
- > serve into the service box from the baseline and rally with a partner
- > adapt strokes and court positioning in response to opponent's actions
- > utilise strengths and exploit your opponent's weaknesses

## GROUP CARDIO TENNIS COACHING

8 week blocks

Cardio Tennis (max of 8 pupils per lesson) (\$16/pp/lesson)	1 hour lesson	\$128 per person
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- > Have fun, get in shape and improve your tennis skills.
- > A new group activity, featuring drills to give players of **any ability** an ultimate, high-energy workout.
- > Consistently elevate your heart rate into your aerobic training zone.
- > Combines fitness with real improvement in your tennis game.

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Please fill out both sides of this form and **post or email** to: Nat Weber Tennis Coaching, 22 Park Ave, Rosslyn Park SA 5072  
**Email:** coaching@nwtennis.com.au

ENROL ME/US IN THE FOLLOWING:

PRIVATE COACHING for Adults and Children	(please ✓)
8 x 30 minute tennis lessons	\$296.00* per person
8 x 45 minute tennis lessons	\$440.00* per person
8 x 1 hour tennis lessons	\$549.00* per person
8 x 1 hour Cardio Tennis lessons	\$549.00* per person

SEMI PRIVATE COACHING for Adults and Children	(please ✓)
8 x 1 hour tennis lessons	\$592.00* for 2 students (\$296.00* per person)

GROUP TENNIS COACHING for Children	(please ✓)
Little Smash MLC Hot Shots	\$125* per person
Young Beginners MLC Hot Shots	\$229* per person

GROUP TENNIS / CARDIO TENNIS COACHING	(please ✓)
Specialised Lessons: beg/inter/advanced	\$229* per person
Cardio Tennis	\$128* per person

4 DAY SCHOOL HOLIDAY CLINICS	(please ✓)
Juniors & Kids 4 - 7 years	\$165* pp/ per clinic

