** Adult Coaching **

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| **DAY** | **COURSE** | **TIME** | **Price per 4 session** |
|  |  |  | Member/ Non-Member |
| **Tuesday**  | **BEGINNERS** | **7:15pm- 8:15pm** | £25 for 4/£32 for 4 |
| **Wednesday** | **IMPROVERS** | **8:00pm-9:00pm** | £25 for 4/£32 for 4 |
| **Thursday**  | **TEAM COACHING (full members only)** | **9:00am-10:30am** | £10 |
| **Thursday**  | **BEGINNERS** | **8:00pm-9:00pm** | £25 for 4/£32 for 4 |
| **Friday**  | **BEGINNERS** | **10:00am-11:00am** | £25 for 4/£32 for 4 |
| **Friday**  | **IMPROVERS** | **11:00am-12:00pm** | £25 for 4/£32 for 4 |
| **Friday**  | **DRILLS SESSIONS (cardio tennis)** | **7:30pm-8:30pm** | £25 for 4/£32 for 4 |
| **Saturday** | **INTERMEDIATES** | **1:00pm-2:00pm** | £25 for 4/£32 for 4 |

**All these Coaching sessions are play and pay. Members receive £7 discount on all Beginner’s, Improver’s and intermediate group block bookings. If you need to borrow a racquet please inform Sami Shaba in advance by Email on Shabatennis@hotmail.com**