



TENNIS IN A WEEK Adult Coaching



Monday 14th – Friday 18th August

MONDAY – THURSDAY: 6.00 – 7.30pm

FRIDAY: 6.00 – 8.00pm

BEGINNERS

If you would like to take up a new sport this is the course for you!

- Learn how to play tennis from the start
- Rally – Serve – Score
- Singles & doubles
- Monday to Thursday will include everything you need to start playing tennis
- Friday is an opportunity to put it all into practice with some friendly social matches

IMPROVERS

The improvers course is for those who have been playing for a while now and / or have attended some classes recently. The focus of this course will be on improving your singles and doubles play through tactics and different game situations.

For more information or if you have any questions please call Chris on 07751 469765 or e-mail chris@belfastboatclub.com or go to the website – www.belfastboatclub.com

COSTS

Monday – Thursday

£12 per day

Friday – Social Play

*Free if you have been to at least 1 of the other days.

Full Week – Best Value Option!

£40



Name: _____ Mobile: _____

E-Mail: _____

Level of play: Beginner or Improver

Are you a member of the boat club? (please circle) YES NO

I will be attending: (please circle) FULL WEEK or MON TUE WED THUR FRI

Number of days (ex Friday) _____ x £12 = £_____ OR Full week - £40

I have enclosed cash or a cheque (payable to Belfast Boat Club) for: £_____ (Credit card payment available – 9066 5012)

Signed: _____ Date: _____

Please return completed forms to: Chris Sanlon, Belfast Boat Club, 12 Lockview Road, Belfast, BT9 5FJ

Paid: £ _____		Cash / Chq / Card		Office Use	
		Date: _____		Initials: _____	