

Catalyst Tennis at Headley Tennis Club

Group Coaching Programme

COACHING PROGRAMME COMMENCES MONDAY 6TH NOVEMBER 2022

Monday

- **7:30-9:00pm - Team Training**

Team Practice is for anyone in our Men's / Ladies / Mixed Teams.

Sessions are £12 per 90 mins. 8 Spaces are available per week on a first come / first served basis, please book your space via email to joe@catalysttennis.co.uk

Friday

- **1:00-2:30pm – Adult Group Coaching**

Intermediate group coaching with tactical and technical themes

Sessions are £12 per 90 mins. 8 Spaces are available per week on a first come / first served basis, please book your space via email to joe@catalysttennis.co.uk

Saturday

- **9:00 - 10:00am - Mini Red (8 & Under)**
- **10:00 - 11:00am - Mini Orange / Green (8 -10 Years)**
- **11:00 - 12:00pm – Junior Tennis (10 & Over)**

Mini Tennis sessions are the perfect introduction to Tennis. Sessions are run with lower compression balls and smaller courts to allow players to learn the basics of the game and build confidence quicker.

Mini Tennis & Junior sessions are full of energy and enthusiasm with the aim of inspiring a love of the game.

Sessions are £8 per hour plus a £3 guest fee for non-members and paid in advance for the half term. Please book your space via email to joe@catalysttennis.co.uk

Individual Coaching

Individual lessons are available throughout the week/weekend depending on the coach's availability.

The costs are

- **Joe Dixon (Level 4)** - £35 per hour plus £3 guest fee for non-members
- **Luke Mulvihill (Level 3)** - £30 per hour plus £3 guest fee for non-members
- **Matt Berry (Level 3)** - £25 per hour £3 guest fee for non-members

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