

# Tennis Coaching Term 1 2021

## ST. JOAN TENNIS CLUB



### ANZ HOTSHOTS

#### Prep - Grade 2



ANZ Tennis Hot Shots is a fun way for kids to learn how to play tennis. We use smaller courts, nets, racquets and low-compression balls because this makes learning easier. ANZ Tennis Hot Shots gives younger players the chance to serve, rally and score right from the first time they play.

They will be semi private lessons with no more than 4 children to one coach. This program is designed for the early stages of tennis development.

<b>Prep</b>	Monday	3.30 - 4.00pm
		4.00 - 4.30pm
	Thursday	3.30 - 4.00pm
<b>Year 1</b>	Monday	3.30 - 4.00pm
		4.00 - 4.30pm
	Thursday	3.30 - 4.00pm
<b>Year 2</b>	Thursday	3.30 - 4.00pm

### PRIVATE COACHING

#### All Skill and Year levels



Private coaching will be available to all year levels from Monday to Friday at a mutually agreeable time.

To book call **Nik** on **0417 508 400**

### FREE TRIALS FOR 5 - 7 YEAR OLDS

St Joan - Mon 1 February 3.30 - 4.00pm  
4.00 - 4.30pm  
- Thu 4 February 3.30 - 4.00pm

St James - Tue 2 February 3.45 - 4.15pm  
- Wed 3 February 3.45 - 4.15pm

All bookings for trials email: [moreytennis@gmail.com](mailto:moreytennis@gmail.com)

### JUNIOR GROUP COACHING

#### Years 3 - 6

All group coaching sessions focus will be on technical and 'live ball' situations with a big emphasis on fun.

Maximum group size of 5 per coach, this will provide an affordable access to high quality tennis coaching.

<b>Years 3-4</b>	Monday	4.30 - 5.10pm
	Thursday	4.00 - 4.40pm
	Friday	4.00 - 4.40pm
<b>Year 5-6</b>	Monday	5.10 - 6.10pm
	Friday	4.40 - 5.40pm
		5.40 - 6.40pm

### ADULT CARDIO

For those keen to improve fitness levels and their tennis at the same time. Get to hit lots of balls whilst having fun.

#### These sessions are offered:

Monday 9.00-10.00am

### For more information contact:

**Nik 0417 508 400**

**[moreytennis@gmail.com](mailto:moreytennis@gmail.com)**

**[www.moreytennis.com.au](http://www.moreytennis.com.au)**