

Term 3 Taupo Coaching Groups



Adult Groups

These Adults groups have been developed to cater for all different needs. From our beginner fundamental skills group, to the fast-paced Cardio Tennis, we have you covered.

Our Adults squad runs for 90 minutes, it is a hitting and point based squad with both singles and doubles scenarios.

Start Date 20th July

Beginner Adults	Monday	12.30-1.30	9 weeks = \$135
Cardio Tennis	Monday	1.30-2.30	9 weeks = \$135
Adults Squad Intermediate - Advanced	Monday	5.30-7pm	9 weeks = \$135

Junior Coaching Group Lessons

1 hour per week for 10 weeks = \$120

These groups are set up using modified equipment and court sizes to create the most positive experience for kids.

Red Ball (5-8 years)	Monday	3.30-4.30
Orange Ball (8-10)	Monday	3.30-4.30
Green Ball (9+)	Monday	4.30-5.30
Yellow Ball (10+)	Monday	4.30-5.30

Private Lessons

One on one lessons are really the best and often only way to work on and improve technique for tennis.

These lessons can include hitting, working on a weakness, video camera work or for a great work out.

Book Online at www.no1tennis.co.nz

Any questions contact Justin on 02108355422 or justin@no1tennis.co.nz

Payments: No1 Tennis 12-3155-0261970-00

Term starts on the 20TH JULY