

**New for 2011-**

- **7am Morning Drills Sessions**
- **Advanced Evening Adult Coaching**
- **Daytime Social**
- **Ladies Fitness Sessions**
- **Sunday Family Social**

<b>MONDAY</b>			
<b>ACTIVITY</b>	<b>TIME</b>	<b>LEVEL / AGE</b>	<b>ACTIVITY / COST</b>
Adult Drills and Tactics	7.00- 8.00am	All Welcome	£8.00/wk members £9.00/wk non-members
Ladies fitness	9.00 – 10.00am	All Welcome	£5.00/ wk members
Daytime Social	11.30am – 1.30pm	All Welcome	£5.00/ wk members £6.00/ wk non- members
Adult Intermediate/ Advanced Coaching	6.00 – 7.30 pm	Intermediate/ Advanced Level	£10.00/ wk members £11.00/ wk non- members
Doubles tactics	7.00 – 8.00 pm	All Welcome	Free Taster Session
Ladies Match Practice Outside from April 12 <sup>th</sup>	6.00 – 9.00 pm	All Welcome	No charge when outside

<b>TUESDAY</b>			
<b>ACTIVITY</b>	<b>TIME</b>	<b>LEVEL / AGE</b>	<b>ACTIVITY / COST</b>
Ladies Morning	10.00 – 11.30 am	Intermediate	Course (P.O.A)
Mixed Social (Winter) Indoors to April 6 <sup>th</sup>	7.00 pm - close	All Adults and Junior +	Pay & Play (£5.00)
Mixed Social (Summer) outside from April 13 <sup>th</sup>	6.00 pm - close	All Adults and Junior +	No charge when outside £6.00 when inside

<b>WEDNESDAY</b>			
<b>ACTIVITY</b>	<b>TIME</b>	<b>LEVEL / AGE</b>	<b>ACTIVITY / COST</b>
Adult Drills and Tactics	7.00- 8.00am	All Welcome	£8.00/wk members £9.00/wk non-members
Ladies fitness	9.00 – 10.00am	All Welcome	£5.00/ wk members
Ladies Coaching	10.00 – 11.30am	Beginners	Course (P.O.A)
Adult Beginners Coaching	6.00 – 7.00 pm	Beginners	Pay & Play (£6.50)
Men's Drills and tactics Coaching	6.00 – 7.00pm	Advanced	£8.00/wk members £9.00/wk non-members
Men's Social Indoors to March 31 <sup>st</sup>	7.00 – close	All Welcome	Pay & Play (£6.00)
Men's Match Practice Outside from April- Aug	6.00 – 9.00 pm	All Welcome	No charge when outside

## ABBEYDALE TENNIS CLUB

### ADULT PROGRAMME WINTER 2011

#### NEW FOR 2011 –

- 7am Morning Drills Sessions
- Advanced Evening Adult Coaching
- Daytime Social
- Ladies Fitness Sessions
- Sunday Family Social

THURSDAY			
ACTIVITY	TIME	LEVEL / AGE	ACTIVITY / COST
Ladies Morning	10.00 – 11.30am	Intermediate	Course (P.O.A)
Ladies Social and Matchplay	6.00 – 9.00pm	All Welcome	No charge when outside £6.00 when inside

FRIDAY			
ACTIVITY	TIME	LEVEL / AGE	ACTIVITY / COST
Adult Drills and Tactics	7.00- 8.00am	All Welcome	£8.00/wk members £9.00/wk non-members
Ladies fitness	9.00 – 10.00am	All Welcome	£5.00/ wk members
Daytime Social	11.30am – 1.30pm	All Welcome	£5.00/ wk members £6.00/ wk non- members
Refresh Coaching	6.00 – 7.30pm	Beginners/ Intermediate	Course (P.O.A)
New Members Welcome 1 <sup>st</sup> Friday every month	7.30 – 9.30 pm	New Members	Free - please book in at reception

SUNDAY			
ACTIVITY	TIME	LEVEL / AGE	ACTIVITY / COST
Family Social	1.00- 4.00pm	All Welcome from 3+	Adults £6.00 Juniors £4.00

To book on any of the courses or for further information, please ring The Club's reception on **0114 236 1938** or sign up on the Coaching Notice Board