



Holiday Coaching Programmes

Kilbirnie Tennis Club, 14 Crawford Hill

Week 1: Mon 17th - Thursday 20th April

Foundation Coaching

Monday 17th and Wednesday 19th April

9am – 12.30pm

Beginners & Non-Interclub Players

- Ages 5-11 years
- Coaching with professional tennis coaches
- Lessons are designed to improve fundamental technical skills, and teach game strategy
- \$70 all inclusive for 2 days

Teen Coaching

Tuesday 18th and Thursday 20th April

1pm – 4pm

Beginners & Interclub Players

- Ages 12-17 years
- Lessons focus on improving technical skills and match strategy
- Drills, games and competitions
- \$60 all inclusive for 2 days

All Day Foundation Coaching

Ages 5-11 years

(for players with working parents)

9am – 4pm

- Designed for players with full time working parents. For all levels and abilities
- Professional coaches to work with different ages and abilities
- Drop off from 8.30am. Supervised lunch break with activities 12.30-1.30pm
- \$126 all inclusive for 2 days (less than \$10/hour coaching)

Fun competitions and great prizes (indoor venue available)

\$45 per half day session or \$80 for full day. To enrol email Troy Leamy–

capitalcoachingkilbirnie@gmail.com



COACHING – RESTRINGING – APPAREL