

# Templeogue Tennis Club

## Adult Coaching & Cardio Tennis April 2018

**8 week term** 23/04 – 30/04 – 07/05 – 14/05 - 21/05 – 28/05 – 04/06 – 11/06

Cancelled sessions will be added during mid-term or at end of term

### Adult Coaching / Mens Drills – 8 week term

(mark which class you are selecting)

<b>Monday</b>	<b>Men's Drills</b>	<b>6.30pm- 7.30pm</b>	<b>€70</b>	<b>Ferghal</b>
<b>Thursday</b>	<b>Mens Coaching</b> (Bands 2 - 4)	<b>8pm – 9.30pm</b>	<b>€105</b>	<b>Freddie</b>
<b>Friday</b>	<b>Beginner / Improver</b>	<b>11am - 12pm</b>	<b>€70</b>	<b>Ferghal</b>
<b>Friday</b>	<b>Beginners / Improver</b>	<b>5.30pm – 6.30pm</b>	<b>€70</b>	<b>Ferghal</b>
<b>Saturday</b>	<b>Beginner / Improver</b>	<b>10am – 11am</b>	<b>€70</b>	<b>Barry</b>
<b>Saturday</b>	<b>Mens Coaching</b> (Bands 2- 4)	<b>11am – 12pm</b>	<b>€70</b>	<b>Barry</b>

### **Cardio Tennis ... All Standards (8 weeks)**

(mark which class you are selecting)

<b>Wednesday</b>	<b>9.00am – 10.00am</b>	<b>€70</b>	<b>Ferghal</b>
	<b>10.00am – 11.00am</b>	<b>€70</b>	<b>Ferghal</b>
<b>Thursday</b>	<b>9.00am – 10.30am</b>	<b>€105</b>	<b>Ferghal</b>
	<b>10.30am – 12pm</b>	<b>€105</b>	<b>Ferghal</b>
	<b>12pm – 1pm</b>	<b>€70</b>	<b>Ferghal</b>
<b>Friday</b>	<b>9.00am – 10.00am</b>	<b>€70</b>	<b>Ferghal</b>
	<b>10.00am – 11.00am</b>	<b>€70</b>	<b>Ferghal</b>
	<b>6.30pm – 7.30pm</b>	<b>€70</b>	<b>Ferghal</b>
	(Early Bird!)		
<b>Saturday</b>	<b>9.00am – 10.00am</b>	<b>€70</b>	<b>Ferghal</b>
	<b>10.00am – 11.00am</b>	<b>€70</b>	<b>Ferghal</b>
	<b>11.00am – 12pm</b>	<b>€70</b>	<b>Ferghal</b>

**Name .....** **Mobile No .....**

Please make cheques payable to Templeogue Tennis Club - Please return forms with fees to the Club  
Classes are allocated on a strictly 'first paid – first served' basis.