

# Templeogue Tennis Club

## Adult Coaching & Cardio Tennis January 2018

**8 week term** 15/01 – 22/01 – 29/01 – 05/02 - Mid Term- 19/02 – 26/02 – 05/03 – 12/03

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><br>(Bands 2 - 4) | <b>8pm – 9.30pm</b>    | <b>€105</b> | <b>Freddie</b> |
| <b>Friday</b>   | <b>Improver</b>                       | <b>11am - 12pm</b>     | <b>€70</b>  | <b>Ferghal</b> |
| <b>Friday</b>   | <b>Beginners</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><br>(Bands 3- 4)  | <b>11am – 12pm</b>     | <b>€70</b>  | <b>Barry</b>   |

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

(mark which class you are selecting)

**\*\*\*New\*\***

|                  |                          |             |                |
|------------------|--------------------------|-------------|----------------|
| <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.*