

Templeogue Tennis Club

Adult Coaching & Cardio Tennis January 2019

8 week term 14/1 – 21/01 – 28/01 – 04/02 - 11/02 – Mid Term – 25/02 – 04/03 – 11/03

Cancelled sessions will be added during mid-term or at end of term (min 6 per class)

Adult Coaching / Mens Drills / Clinics / Outdoor Fitness

(mark which class you are selecting)

Monday	Men's Drills	6.30pm- 7.30pm	€70	Ferghal
Monday	(New Year!) Outdoor Fitness	7.30pm – 8.30pm	€70	Richard
Friday	Beginners / Improver	5.30pm – 6.30pm	€70	Ferghal
Saturday	Beginner / Improver	11am – 12pm	€70	Barry
Saturday	Mens Clinic (Bands 2- 4)	11am – 12pm	€70	James Cluskey
Saturday	Ladies Clinic (Bands 2- 4)	12pm – 1pm	€70	James Cluskey

Cardio Tennis ... All Standards (8 weeks)

(mark which class you are selecting)

Wednesday	9.00am – 10.00am	€70	Ferghal
Wednesday	7.00pm – 8.00pm	€70	Ferghal
Thursday	9.00am – 10.30am	€105	Ferghal
	10.30am – 12pm	€105	Ferghal
Friday	9.00am – 10.00am	€70	Ferghal
	10.00am – 11.00am	€70	Ferghal
	11.00am – 12pm	€70	Ferghal
	6.30pm – 7.30pm	€70	Ferghal
Saturday	(Early Bird!) 9.00am – 10.00am	€70	Ferghal
	10.00am – 11.00am	€70	Ferghal
	11.00am – 12pm	€70	Ferghal

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.