

# Templeogue Tennis Club

## Adult Coaching & Cardio Tennis September 2017

10 week term 18/09- 25/09- 02/10- 9/10- 16/10 -23/10- Mid Term- 06/11- 13/11- 20/11 – 27/11

Cancelled sessions will be added on at end of the programme or during mid term

### Adult Coaching / Mens Drills – 10 week term

(tick which class you are selecting)

<b>Monday</b>	<b>Men's Drills</b>	<b>6.30pm- 7.30pm</b>	<b>€90</b>	<b>Ferghal</b>
<b>Friday</b>	<b>Improver</b>	<b>11am - 12pm</b>	<b>€90</b>	<b>Ferghal</b>
<b>Friday ***New**</b>	<b>Beginners</b>	<b>5.30pm – 6.30pm</b>	<b>€90</b>	<b>Ferghal</b>
<b>Saturday</b>	<b>Beginner / Improver</b>	<b>10am – 11am</b>	<b>€90</b>	<b>Barry</b>
<b>Saturday</b>	<b>Band 3/4 Mens</b>	<b>11am – 12pm</b>	<b>€90</b>	<b>Barry</b>

(tick which class you are selecting)

### **Cardio Tennis ... All Standards (10 weeks)**

<b>Thursday</b>	<b>9.00am – 10.30am</b>	<b>€135</b>	<b>Ferghal</b>
	<b>10.30am – 12pm</b>	<b>€135</b>	<b>Ferghal</b>
	<b>12pm – 1pm</b>	<b>€90</b>	<b>Ferghal</b>
<b>Friday</b>	<b>9.00am – 10.00am</b>	<b>€90</b>	<b>Ferghal</b>
	<b>10.00am – 11.00am</b>	<b>€90</b>	<b>Ferghal</b>
<b>***New**</b>	<b>6.30pm – 7.30pm</b>	<b>€90</b>	<b>Ferghal</b>
	(Early Bird!)		
<b>Saturday</b>	<b>9.00am – 10.00am</b>	<b>€90</b>	<b>Ferghal</b>
	<b>10.00am – 11.00am</b>	<b>€90</b>	<b>Ferghal</b>
	<b>11.00am – 12pm</b>	<b>€90</b>	<b>Ferghal</b>

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

Please make cheques payable to Templeogue Tennis Club  
Please return forms with fees to the Club