



# New Year Adult Coaching Program

Starting 8<sup>th</sup> January 2024

To book on use the link or QR code

[clubspark.lta.org.uk/JamesTurnerCoaching/Coaching/Adult](http://clubspark.lta.org.uk/JamesTurnerCoaching/Coaching/Adult)

**Monday** CARDIO TENNIS 9.30 to 10.30am the ultimate way to start off your week, fast fun lots of hitting for all standards, book individual session  
Run by James Turner

**Monday** LEARN TO COMPETE 7-8pm for competitive players wanting to improve 5 week course  
Run by Alex Graver

**Tuesday** RUSTY RACKETS & DEVELOPERS 7-8pm for beginners and rusty players, learn through game based exercises 5 week course  
Run by level 5 coach Georgina Jackson

**Wednesday** CARDIO TENNIS 7.30-8.30pm a great mid-week fix, for all standards, men and ladies, give the ball a whack with lots of fun.  
Run by James Turner

**Friday** LADIES MORNING 9.15 to 10.45am all welcome, technique and tactics to develop your game. Book individual sessions  
Run by James Turner

**Saturday** ADULT DRILLS 9.00 to 10am Anna with her huge knowledge of top-level tennis will take you through exercises and drills to improve you singles and doubles play. Book individual sessions  
Run by Anna Rodrigues Ferreira

For more information, please contact James  
[jimmyturner1@btinternet.com](mailto:jimmyturner1@btinternet.com)

