

Beginner Group Coaching

7th Sep – 18th Dec 2020

These groups will go indoors during poor weather



We are hoping to start new 'Pay as you Go' beginner groups soon. Please email us to be put on our distribution list.

active-tennis.co.uk

Adult Group coaching info

These groups can be joined at any stage of the term, space permitting. Non-members more than welcome.

Not sure which group? Or you would you like to book onto a course?

Please email the coaching team

info@active-tennis.co.uk

'Pay as you Go' Sessions, you must book through our app £11 member/£16 non-member per session						
BEGINNER						
Day	Time	Coach	Level	No. of weeks	Member Price	Non-Member Price
TBC	TBC	Matt	Beginner	TBC	TBC	TBC

Booking and paying for our 'Pay as you Go' sessions

You can find it by searching 'Active Tennis Club' on the App Store (IOS) and Android 'Active Tennis' (Google play). When you register on the app it will email instructions on how to join the group and pay.

Please be aware of the following points.

- App is only available on a phone
- The adult registering for the app must select if they are a member of Windsor Tennis Club or 'non-member'. The app will then load the correct fee for member or non-member
- You will find the groups in the 'Session' tab at the top of the screen. To find groups you have booked, look under the 'Dashboard' tab
- No refunds will be issued for 'Pay as you Go' sessions

PLEASE NOTE, MID WEEK COURSES **DO NOT RUN**

HALF-TERM WEEK:

Mon 26th Oct – Fri 30th Oct

WEEKEND 'PAY AS YOU GO' GROUPS WILL RUN EVERY WEEKEND

WHICH GROUP IS FOR YOU?

CARDIO TENNIS: A high energy tennis workout, ball fed by coach to music. Great exercise for all fitness levels, little technical coaching.

BEGINNER: No or very little tennis experience of technique, basic tactics, court positioning etc

INTERMEDIATE+/RUSTY RACKETS: Haven't played for years? Would like to get back into tennis or have at least 2 years playing experience and tactically aware.

ADVANCED: Very competent, playing in social and competitive matches.

Difference between 'Pay as you Go' sessions and Pre-paid courses.

A pre-paid course will generally have a smaller coach to pupil ratio and the level of all players will be of a very similar standard.