



# ADULT COACHING & CARDIO TENNIS

January – April 2019

Classes start week beginning Monday 7<sup>th</sup> January

There will be **no classes week beginning on Monday 18<sup>th</sup> February**

## COACHING CLASSES

DAY	TIME	NO. OF WEEKS	SQUAD TYPE	LEVEL	COSTS	
					Members	Non-Members
MON	9.30am – 11.00am	13	Mixed	Improver / Intermediate	£117	£169
	6.00pm – 7.00pm	13	Mixed	Beginners	£78	£117
	7.00pm – 8.00pm	13	Mixed	Improvers	£78	£117
	8.00pm – 9.00pm	13	Mixed	Beginners	£78	£117
TUE	10.30am – 11.30am	13	Ladies	Intermediate	£78	£117
	6.00pm – 7.00pm	13	Mixed	Beginners	£78	£117
	6.00pm – 7.00pm	13	Mixed	Improver 2	£78	£117
	7.00pm – 8.00pm	13	Mixed	Improver	£78	£117
	8.00pm – 9.00pm	13	Mixed	Intermediate	£78	£117
WED	9.30am – 10.30am	13	Mixed	Beginners	£78	£117
	10.30am – 11.30am	13	Ladies	Intermediate	£78	£117
	11.30am – 12.30pm	13	Mens	Advanced	£78	£117
	6.00pm – 7.00pm	13	Mixed	Improver	£78	£117
	8.00pm – 9.00pm	13	Mixed	Improver 2	£78	£117
THUR	10.00am – 11.30am	13	Coaching	Improver 2	£117	£169

## CARDIO CLASSES

The focus is on a good cardio workout through fun drills and games. It's also a chance to practice as you will hit a lot of balls. Players can take the class at their own pace

DAY	TIME	NO. WEEKS	COSTS
			Mem / Non-M
TUE	9.30am – 10.30am	13	Members: £78
WED	7.00pm – 8.00pm (Advanced Cardio)	13	Non-Mem: £117

Wednesday 7pm – Advanced cardio will be a harder workout and the min playing level is Intermediate.

## SIGN UP

To sign up for any of the classes please contact Reception on 9066 5012

Please note that payment is due when you sign up. Card payments taken over the phone. If a class is not fully booked players can attend on a weekly basis. The cost for this is £9 / hour for members & £12 / hour for non-members.

If you are not sure what class would suit you or if have any other questions, please contact Chris Sanlon:

T: 07751 469765

E: [chris@belfastboatclub.com](mailto:chris@belfastboatclub.com)

[www.belfastboatclub.com](http://www.belfastboatclub.com)