



ADULT COACHING & CARDIO TENNIS

September – December 2019

Classes start week beginning Monday 9th September

There will be **no classes week beginning on Monday 28th October**

COACHING CLASSES

DAY	TIME	NO. OF WEEKS	SQUAD TYPE	LEVEL	COSTS	
					Members	Non-Members
MON	9.30am – 11.00am	12	Mixed	Improver / Intermediate	£108	£156
	6.00pm – 7.00pm	12	Mixed	Beginners	£72	£108
	7.00pm – 8.00pm	12	Mixed	Improver 2	£72	£108
	8.00pm – 9.00pm	12	Mixed	Beginners	£72	£108
TUE	10.30am – 11.30am	12	Ladies	Intermediate	£72	£108
	6.00pm – 7.00pm	12	Mixed	Beginners	£72	£108
	6.00pm – 7.00pm	12	Mixed	Improver 2	£72	£108
	7.00pm – 8.00pm	12	Mixed	Improver	£72	£108
	8.00pm – 9.00pm	12	Mixed	Intermediate	£72	£108
WED	9.30am – 10.30am	12	Mixed	Beginners	£72	£108
	10.30am – 11.30am	12	Ladies	Intermediate	£72	£108
	11.30am – 12.30pm	12	Mens	Advanced	£72	£108
	6.00pm – 7.00pm	12	Mixed	Improver	£72	£108
	8.00pm – 9.00pm	12	Mixed	Improver 2	£72	£108
THUR	10.00am – 11.30am	12	Coaching	Improver 2	£108	£156

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	12	Members: £76
WED	7.00pm – 8.00pm (Advanced Cardio)	12	Non-Mem: £108

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

BOOK ONLINE

To book a class please go to:
www.belfastboatclub.com/booking

Please note that payment is due when you sign up.

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

www.belfastboatclub.com