



Orrong Park Tennis Centre – Adult Coaching Schedule '09

Day	Time	A.M Session	Cost	Time	P.M Session	Cost	
Monday	9.30-11am	Coach & Play (All Standards)	\$25	7-8pm 8-9pm	Adult Improver Adult Intermediate	\$20	
Tuesday	9.30-11am	Coach & Play (All Standards)		7-8pm 8-9pm	Adult Improver Adult Advanced		
Wednesday	9.30-11am	Coach & Play (All Standards)		7-8pm	Foundation (Introduction to tennis)		
Thursday	9.30-11am	Coach & Play (All Standards)		7-8pm 8-9pm	Adult Improver Adult Intermediate		
Friday	9.30-11am	Coach & Play (All Standards)		<p>Foundation – Needs on court experience. Strokes can be completed with some success to start rallies. Learning starting positions for doubles & singles, and basic tactics.</p> <p>Improver – Fairly consistent when hitting shots but is not comfortable playing a variety of strokes and may lack control when changing direction & applying power. Has basic knowledge of singles & doubles positioning along with basic tactics but not yet applying them into game situations.</p> <p>Intermediate - Good consistency on forehands & backhands with medium paced rallies. Can use lobs, overheads, approach shots & volleys within a game situation. Occasionally forces errors in return of serve when serving. Evidence of tactics being used.</p> <p>Advanced – Physically fit. Previous experience (tournament or inter-club) Ask head coach for further details.</p>			
Saturday	9-10am	Coach & Play (All Standards)					
<p>Baby sitting service available for AM sessions - \$5 Per Child. (Must be booked prior to attendance)</p> <p>'Multi Activities' for children aged 4+ are also run during AM coach & play sessions. \$10 per session (45minutes – 1hour number dependant) Please Let reception know which activity your child will be attending (Babysitting or Multisport Activities)</p> <p><u>Please note:</u> If only one person is booked into a coach and play session, Victorian Tennis Academy reserves the right to exchange the session for a 45 minute private lesson (normally \$60)</p>							

Please make sure you book your place on these sessions prior to attendance



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