

2021 Swansea Adult Tennis Lessons

Please note: You must be a Swansea Tennis Club member to participate in Adult group lessons
Please see the link for detailed description of **NTPR levels of play**.
<http://www.tenniscanada.com/wp-content/uploads/2015/12/Self-Rating-Guide-English.pdf>

THE BASICS FOR BEGINNERS

This is an introduction to fundamental skills for adult beginners with no playing experience or instruction (If you have played in the past or played other racquet sports, please consider the next level). Progressive tennis is used (court size and balls). Loaner racquets are available. Up to 8 people per class.

Sessions:

Cost: \$75

NTPR Levels: 1.0 to 1.5

1. Mon June 28, July 5, 12, 19 6pm (Rain date July 26)
2. More classes can be added if there is a demand—please go on the waitlist and contact Ben Armstrong

SOLIDIFYING THE BASICS FOR LEVELS 2.0-2.5

Train the basic technical and tactical elements for singles and doubles play. Progressive tennis balls may be used to accelerate learning. *This is a continuation of the Beginners class or **the place to start** if you're an **athletic beginner with good hand-eye coordination** and/or other racquet sport experience.*

Sessions:

Cost: \$100

NTPR Levels: 2.0-2.5

- 1 Wed June 30, July 7, 14, 21 6pm (Rain date July 28)
- 2 Wed June 30, July 7, 14, 21 7pm (Rain date July 28)
- 3 Mon Aug 9, 16, 23, 30 6pm
- 4 Wed Aug 4, 11, 18, 25 6pm (Rain date Sept 1)

Wed June 9, 16, 23, 30 at 7pm

Mon June 7, 14, 21, 28

REVIEW/IMPROVEMENT FOR 3.0-3.5+

Review some of the fundamental strategies and techniques of the game. Work on your serve, return, groundstrokes and net play and some of the tactics in each situation.

Cost: \$100

NTPR Levels: 3.0 to 3.5+

1. Mon June 28, July 5, 12, 19 7pm (Rain date July 26)
2. Wed June 30, July 7, 14, 21 8pm (Rain date July 28)
3. Mon Aug 9, 16, 23, 30 7pm
4. Wed Aug 4, 11, 18, 25 7pm (Rain date Sept 1)

SINGLES DRILLS

Experience some fast paced singles drills. Work on basic singles strategies such as playing with depth, increasing tempo, hitting to opponents weakness, moving the opponent and more.

Cost: \$95

NTPR Levels: See session

1. Mon June 28, July 5, 12, 19 9pm (Rain date July 26) **Level 4.0+**
2. Mon Aug 9, 16, 23, 30 8pm Level 3.0+
3. Mon Aug 9, 16, 23, 30 9pm Level 4.0+

DOUBLES DRILLS

Learn court coverage in a systematic approach and the tactics to build a solid doubles game.

Cost: \$95

NTPR Levels: See session

1. Mon June 28, July 5, 12, 19 8pm (Rain date July 26) Level 3.0+
 2. Wed Aug 4, 11, 18, 25 8pm Level 3.0+ (Rain date Sept 1)
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