

2023 Swansea Adult Tennis Lessons

Please note: You must be a Swansea member to participate in Adult group lessons
[Click here for ratings page](#) - a detailed description of NTPR levels of play.

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.

Sessions: **Cost:** \$ +HST **NTPR Levels:** 1.0 to 1.5

If there is a demand, we will add additional Beginner class sessions. Please contact Ben Armstrong with any requests.

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:** \$120 +HST **Levels:** 2.0-2.5

Review/Improvement for 3.0-3.5+

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

Cost: \$120 +HST **Levels:** 2.5 to 3.5

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. Specific topics listed for each class. **Cost:** \$120 +HST **Levels:** See session

Doubles Drills

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

Cost: \$120+HST **Levels:** See session

Tennis Fitness/Workout

Improve your game and fitness in a series of feeding drills and exercises that are guaranteed to make you sweat! The coaches will ensure that you get a great cardio workout, hit a lot of balls and do some tennis related exercises.

Cost: \$100 +HST **Levels:** All

Private Lessons

Private and semi-Private lessons allow you to arrange specific topics. They can be from 1 to 4 people. Each coach will pre-book courts that they will be available on a regular basis. You can book those lessons with the listed coach in the club's system. You can also contact the coach of choice to see if they are available at other times if desired. They can book these lessons for you or your group in the club's system at your desired time if available. **Jakub and Anton are "Tennis Instructors"** and are trained to teach Juniors adult novices (up to 3.5 levels). **Payment** will be directly to the coach with e-transfer or cash

Coach	Private Rate/hour	2 people rate/hour	3 people rate/hour	4 people rate/hour
Wing Armstrong, Master Pro	\$80 + HST	\$40 each	\$30 each	\$25 each
Ben Armstrong	\$90 + HST	\$45 each	\$30 each	\$25 each
Peter Szczepanski	\$80 + HST	\$40 each	\$30 each	\$25 each
Jakub Armstrong, Novice/ Junior coach	\$50 + HST	\$30 each	\$25 each	\$20 each
Anton Lewis, Novice/ Junior coach	\$50 + HST	\$30 each	\$25 each	\$20 each