

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: \$ 120+HST

NTPR Levels: 1.0 to 1.5

1.	Mon May 1, 8, 15, 29	6pm	Coach Ben
2.	Tues May 2, 9, 16, 23 (Rain date May 30)	7pm	Wing
3.	Tues June 6, 13, 20, 27	6pm	Wing
4.	Thurs June 8, 15, 22, 29	7pm	Wing

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

NTPR Levels: 2.0-2.5

1.	Mon May 1, 8, 15, 29	7pm	Ben
2.	Tues May 2, 9, 16, 23 (Rain date May 30)	6pm	Wing
3.	Tues May 2, 9, 16, 23 (Rain date May 30)	8pm	
4.	Wed May 3, 10, 17, 24 (Rain date May 31)	6pm	Peter
5.	Thurs May 4, 11, 18, 25 (Rain date June 1)	6pm	Wing
6.	Sat April 29, May 6, 13, 27	9am	Wing

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 game situation.

Cost: \$120 +HST

NTPR Levels: 2.5 to 3.5

1.	Mon May 1, 8, 15, 29	8pm	Ben
2.	Wed May 3, 10, 17, 24 (Rain date May 31)	7pm	Peter
3.	Sun April 30, May 7, 14, 28	12pm	Ben

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 **NTPR Levels:** See session

1.	Wed May 3, 10, 17, 24 (Rain date May 31)	9pm	Men's Singles Level 4.0+	Peter
2.	Thurs May 4, 11, 18, 25 (Rain date June 1)	9pm	Singles Level 2.5+	Peter

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

NTPR Levels: See session

1.	Wed May 3, 10, 17, 24 (Rain date May 31)	8pm	Men's Doubles Level 3.0+	Peter
2.	Thurs May 4, 11, 18, 25 (Rain date June 1)	7pm	Doubles Level 2.5+	Wing
3.	Sun April 30, May 7, 14, 28	1pm	Doubles Level 2.5+	Ben

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. Up to 6 people per class.

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

1.	Tues May 2, 9, 16, 23 (Rain date May 30)	9pm	Peter
2.	Thurs May 4, 11, 18, 25 (Rain date June 1)	8pm	Peter
3.	Sun April 30, May 7, 14, 28	11am	Ben