

2019 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.

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: \$85

NTPR Levels: 1.0 to 1.5

1. Mon May 13, 27, June 3, 10 6pm
2. Wed May 15, 22, 29, Jun 5 7pm

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: \$108

NTPR Levels: 2.0-2.5

1. Mon May 13, 27, June 3, 10 7pm
2. Wed May 15, 22, 29, Jun 5 6pm
3. Mon June 17, 24, July 8, 15 6pm
4. Wed June 19, 26, July 10, 17 7pm

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: \$108

NTPR Levels: 2.5 to 3.5

1. Mon May 13, 27, June 3, 10 8pm
2. Wed May 15, 22, 29, Jun 5 8pm
3. Mon June 17, 24, July 8, 15 8pm
4. Wed June 19, 26, July 10, 17 8pm

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: \$108

NTPR Levels: See session

1. Mon May 13, 27, June 3, 10 9pm Level 3.0+
2. Wed June 19, 26, July 10, 17 8pm Level 3.0+

DOUBLES DRILLS

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

Cost: \$108

NTPR Levels: See session

1. Wed May 15, 22, 29, Jun 5 8pm Level 2.5+
2. Mon June 17, 24, July 8, 15 8pm Level 3.5+

If there is a demand, we will add additional classes. Please contact us with any requests.