

# NEW 2015 ADULT TENNIS PROGRAMME

<b>NEW</b>	<b>FAMILY SUNDAY SESSIONS</b>	<i>tennisMAD wants to get the whole family active for 2015 so once a month we'll be putting on one hour tennis sessions for all the family to enjoy. A member of our coaching team will look after the children whilst the parents can brush up on their tennis skills or we'll run parent and child sessions where everyone plays together</i>
<b>NEW</b>	<b>TOUCH TENNIS</b>	<i>Touch Tennis for adults is the fastest growing sports activity in the UK. You'll be amazed how easy it is to play whatever your age, fitness level or playing experience.....it really is that EASY! Played on smaller courts with slower balls it's great FUN, great for FITNESS and very SOCIABLE....so you must give it a go!</i>
☺	<b>FULL COURT TENNIS</b>	<i>Full court tennis groups are the mainstay of our tennisMAD adult programme aimed at players returning to the game after a long absence or for those players who already play and wish to improve/raise their general ability level. tennisMAD can guarantee you'll improve, have fun, get fit and make new friends.</i>
☺	<b>CARDIO TENNIS DRILLS</b>	<i>This is a fitness based tennis session to music incorporating a circuit of exercises whilst hitting balls on the run. A great way to start the New Year and burn calories whilst enjoying yourself. These sessions cater for all ability levels as players are drilled from a basket (Max. 10 per court) no previous tennis experience necessary.</i>
<b>NEW</b>	<b>FABULOUS IN 4 WKS</b>	<i>Want to improve fast? Then our 4 week short courses are ideally suited for you. Held on a Thursday evening each training block will focus on a different theme. The concentrated drills will be geared towards developing either your singles or doubles match play strategy.</i>
<b>NEW</b>	<b>ONE OFF SPECIAL EVENTS</b>	<i>Watch out for our ONE OFF Special coaching clinics or competition events held on a Saturday afternoon. Each ones different and designed to really.....up your game! Clinics will include; VIDEO ANALYSIS (definitely one not to miss.) SINGLES &amp; DOUBLES tactical training &amp; more</i>
<b>NEW</b>	<b>TAILORMADE TENNIS</b>	<i>TAILORMADE tennis coaching sessions are designed around your hectic life. Choose the day and time to suit you! Choose how many and who you want to train with.....pairs, triples or foursomes! Or simply spoil yourself with an individual session. One thing's for sure you'll improve quickly at a time that definitely works for you.</i>



## TO BOOK

**CALL:** *tennisMAD* (01752) 426322

**EMAIL:** [admin@tennis-mad.co.uk](mailto:admin@tennis-mad.co.uk)

**VISIT:** The Office 1<sup>st</sup> Floor South Devon Tennis Centre