



**AUTUMN 2019 COACHING PROGRAMME FOR ADULTS**  
**Monday, 2 September to Friday, 25 October 2019**

**A. PAY AND PLAY**

<b>Day and Time</b>	<b>Session</b>	<b>Cost</b>
Saturday 9.00am to 10.00am	Cardio Tennis	£5 per session for members/ £7 for non-members
Saturday 10.00am to 11.00am	Men's Singles	£6 per session for members/ £8 for non-members
Saturday 11.00am to 12.00pm	Adult Intermediate	£5 per session for members/ £7 for non-members

Friday 9.00am to 10.30am	Ladies' Morning	£7.50 per session for members £8.50 for non-members
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**B. WEEKDAY SESSIONS (TERM-BASED)**

The weekday lessons listed below run during term time and we ask that you commit yourself to the half-termly period of 8 weeks to cover the period Monday 2 September to Friday 25 October. There is also the option to join these lessons on a pay and play basis, but at the higher cost shown. The fee structure below applies to STC members; non-members pay a supplementary tariff of £2 in each case.

Tuesday 6.00 – 7.00pm	Beginners/Rusty Racquets	£6 per session for members/ £8 for non-members
Tuesday, 7.30 to 8.30pm	Cardio Tennis	£6 per session for members/ £8 for non-members
Wednesday 6.30 - 8.00pm	Adult Intermediate and Advanced Groups	£7.50 x 8 weeks or £8.50 per lesson

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