



ADULT TENNIS PROGRAMS



Morning Schedule	Mon	Tues	Wed	Thurs	Fri
8.30am					
9.00am					
9:30am			Ladies		
10:00am			1hr		
10:30am					
11:00am					
11:30am					

Club Membership **\$15**
Paid annually

Save big \$\$\$ by becoming a member at Australia's leading tennis centre.

Better court hire rates – save \$7 per hour

Cheaper Adult programs – save \$7.50

Social & Club Sessions – save \$7.50

Pro-Shop & Restrings - discounts store wide

Tennis QLD membership – valued at \$99 & More!

Ladies Day **\$15 Member**
\$20 Non-Members

Want to learn the correct way to play tennis? Join our weekly ladies day with our professional tennis coaches especially tailored for adult intermediate and beginner players looking to learn the fundamentals of tennis. Enjoy a coffee after your lesson and relax!

Evening Schedule	Mon	Tues	Wed	Thurs	Fri
6:30pm	Cardio Tennis	Adult Classes	Cardio Tennis		FAST 4 1.5 hrs
7:00pm	1hr	1 hr	1hr		
7:30pm					
8:00pm	Social	Super League	Super League	Super League	
8:30pm					
9:00pm	2.5 hrs	2.5 hrs	2.5 hrs	2.5 hrs	

Fast 4 **\$15 Member**
\$20 Non-Members

Our brand new in-house fixtures! Social matches are played against opponents of similar standards. First to 4 games wins the match. A perfect stress-free way to work on your match play.

Adult Classes **\$19 Member**
\$25 Non-Members

Want to learn the correct way to play tennis? Join our weekly coaching sessions with our professional tennis coaches especially tailored for adult intermediate and beginner players looking to learn the fundamentals of tennis.

Night Social **\$20 Member**
\$25 Non-Members

What a great way to unwind after a tough day at work. Coaching, doubles tennis and coffee under the supervision of our coaches will ensure you unwind and have fun. One hour of group coaching followed by mixed social doubles every Monday night.

Super League **\$19 - \$23 Per Player**

Match yourself up with players of a similar standard as yourself each week in a relaxed but competitive program that caters for players of all standards and ages. All players are graded so you only play against opponents of similar standard. **(Also Sat pm 2pm-5:30pm)**

Cardio Tennis **\$15 Member**
\$20 Non-Members

Cardio Tennis programs are designed for players of all standards and ages from absolute beginner to tournament players. The program is designed to give you a full body workout while teaching you tennis skills at the same time. It's not a tennis lesson; it is a serious workout.