



ADULT TENNIS PROGRAMS



| Morning Schedule | Mon | Tues | Wed | Thurs | Fri |
|------------------|-----|------|-------------------|-------|-----|
| 8.30am | | | | | |
| 9.00am | | | | | |
| 9.30am | | | Ladies Day 1hr | | |
| 10.00am | | | | | |
| 10.30am | | | | | |
| 11.00am | | | | | |
| 11.30am | | | | | |

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

Ladies Day
\$15 Members
 \$22.50 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!

Adult Classes
\$19 Members
 \$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.

Social Tennis
\$20 Members
 \$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 and Wednesday night.

Super League
Fixtures
 Please call for more info

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
\$15 Members
 \$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.

ROY EMERSON TENNIS CENTRE 315 MILTON ROAD MILTON (ENTRY VIA HAIG ST)

www.emersontennis.com.au

emerson@tennisgear.com.au

3367 8585