

TENNISLIFE COACHING LYD

DIRECTORS

KEVIN WOOLCOTT

Professional Coach for 35 years
Current Resident Coach at the Forrest Hill Tennis Centre
TNZ Registered and Certified
TNZ High Performance Coach
Former Davis Cup Representative
Former TNZ National Coach
Former North Harbour Regional Coach
Tennis Northern Coach of the Year 2008

SUE NIXON

Office and Shop Manager.

COACHES

Caco Zanella

Brazilian Level 2 Competition Coach, TNZ Competition Coach
TNZ Registered and Certified

Laurence Henderson

TNZ Professional Club Coach
Australian Junior Development Coach
TNZ Registration

Bruce Lee

TNZ Registered
Auckland International College Sports Coaching. Korean speaking

Matt Thurley

Starting with Tennislife September 2010
South African Tennis Coaches 1977
USPTR 1995

Rade Djuric

Starting back with Tennislife September 2010

Tennislife Coaching Ltd
North Harbour Tennis Centre, Bond Cres, Forrest Hill
P O Box 100 188 North Shore Mail Centre
Phone (09) 410 8804
Email info@tennislife.co.nz

www.tennislife.co.nz



Looking to buy a racquet but don't know where to start?

Your only call of action!

Call Kevin or Sue at Tennislife on 410 8804. We will guide you through the process of choosing a racquet that will suit you and your budget.

We can also advise you on tennis shoes and clothing.

Would you like to go on our database for our newsletters and coaching tips?
Contact info@tennislife.co.nz



10th year in business

Forrest Hill Tennis Centre
Bond Cres, Forrest Hill

ROOKIE TENNIS

Introducing

“grown-ups” to tennis!

Every Thursday morning 9am to noon,
starting 2nd September.



CourtCardio for Rookies

Every Tuesday morning 9.15 to 10.15,
starting 24th August

Easi-Tennis

Tennis Classes for beginners
see Timetable inside

Rookie Tennis is aimed at adults who have either played some tennis at school, haven't played at all or want a refresher to gain some confidence on the courts. This person may have a young family and wants some exercise once or twice each week. **Rookie Tennis** will offer the solution in a number of ways.

Confidence is often a problem for adults to start tennis if they have not had past experience. **Rookie Tennis** is designed to give you confidence, learn skills easily and meet other people at the same time.

During a morning session apart from getting on the courts for a run-around, we will offer:

- Coaching
- Play with some supervision/help – if necessary
- Learn to score
- Learn the rules and etiquette
- Advice on racquets, shoes, tennis accessories
- Introduce you to KeySportz practice Challenges
- Comfortable and relaxed environment

Pay a monthly fee \$40, or six month fee \$150 to join **Rookie Tennis** – covers once a week morning session plus free court during the week days (some conditions apply). Once you become comfortable with us and you may want to further your tennis with some competition, we can advise you with club membership with one of the 23 tennis clubs in Tennis Northern.

CourtCardio Drills for Rookies

Fitness with a racquet

A variety of movement drills and repetition skill work. This will improve your game and fitness

Cost:

\$75 for five sessions **OR** \$150.00 for ten sessions (expires 6 months after purchase) **OR** \$20.00 casual payment if there is space available.

Additional Information

1. Minimum of 4 participants required for the class to be held. If on any day there is less than 4 bookings in a class the class that day may be cancelled.
2. Maximum of 6 players to a coach.
3. Bookings taken 1 week in advance. We run a flexible booking system but do ask if you reserve a spot and then withdraw, please contact us by 5pm the day before. During the week notify by email: info@tennislife.co.nz or ph 410 8804 or text 021 1289635. You will be automatically charged for late notice or for no show.
4. Tennislife will text you if we need to cancel the class due to weather or lack of numbers

Easi-Tennis

Evening classes for beginner tennis players. Learn the basic strokes, court positioning and rules of tennis. Four lessons for 2 hours over 2 weeks. Cost \$130.

Dates:

Class 1: August 17, 19, 24, 26 (Tues & Thurs) - 7 to 9pm

Class 2: Sept 7, 9, 14, 16 (Tues & Thurs) - 6 to 8pm

Class 3: Oct 19, 21, 26, 28 (Tues & Thurs) - 6 to 8pm

Touch Tennis

Don't get put off by the name Touch Tennis. This is the best way ever to learn tennis skills. Use a smaller racquet, a low compression ball, throw in a smaller area re court measurements and you will get a nice surprise that your hand-eye coordination will be better than you ever thought it would be.

Confidence straight away! Add the fitness benefits of CourtCardio for Rookies with a group of friends and you will be hooked.

REGISTRATION FORM

NAME: _____

HOME PH NO: _____

MOBILE: _____

EMAIL: _____

Email address will be put on Tennislife database for newsletters etc.

I am interested in :-

Rookie Tennis

CourtCardio for Rookies

Easi-Tennis Class.....

Or unable to make it this time but put me on your database for future beginner programmes.

PAYMENT: *Payment with registration at Pro Shop, Forrest Hill Tennis Centre. or post to Tennislife, P. O. Box 100 188, N.S.M.C*

We accept credit cards (mastercard or visa) / Eftpos / cheques / cash or direct banking to ASB 12 3119 0137657 00

FREE OFFER

Everyone who signs up for a six month subscription for Rookie Tennis gets 1 free session of CourtCardio on Tuesdays