

FRINTON-ON-SEA LAWN TENNIS CLUB.

Maximum 8:1
player/coach
ratio

WINTER 2022 WEEKLY COACHING SCHEDULE

YOUTH TENNIS LESSONS:

6 week course - Tuesdays, Thursdays, Fridays or Saturdays

Members £38.40 / Non-members £47.40

• Mini Red 4*-8yrs • Orange/Green 8-10 yrs • Yellow 11+yrs

FIRST SESSION FREE!

ADULT BEGINNERS:

Wednesdays 9:15-10:15

Members £10 / Non-members £12

A great session for those wishing to start tennis or returning to the game. Each week a different shot is taught using a range of balls and coaching scenarios. Easy sessions for all abilities to learn tennis.

Online sign up - <https://clubspark.lta.org.uk/FrintonLawnTennisClub/Coaching>

ADULT IMPROVERS:

Members £11 / Non-members £13 (discounted term sign up available – email for details)

Techniques, tactics and match-play. Head coach experience includes numerous mini and full ball national ranked players, world ranked wheelchair players, EU and NZ ITF junior touring squads.

Online sign up - <https://clubspark.lta.org.uk/FrintonLawnTennisClub/Coaching>

ADULT DEVELOPMENT SQUAD:

Saturdays 14:00-15:00

Members £11 / Non-members £13 (discounted term sign up available – email for details)

All regular team players (plus competitive juniors by invitation only) are welcome to this squad style coaching group covering singles and doubles techniques and tactics.

Online sign up - <https://clubspark.lta.org.uk/FrintonLawnTennisClub/Coaching>

PRIVATE LESSONS - 1:1 to 1:3 coaching ratio

x3 coaches available, prices from £30p/h. Please email all enquiries

*school starters

Venue: Frinton-on-Sea Lawn Tennis Club
36 Holland Road
Frinton On Sea, CO13 9ES

More info:
NEETacademyHQ@gmail.com

