



ADULT PROGRAMMES at BELMONT PARK RACQUETS CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.15am – 10.15am Easi Tennis (\$15)	9.30am – 11.00am Tennis Fit (\$20)			9.30am Easi Tennis + Childcare (\$15 + \$5 per child)
				10.30am Easi Tennis + Childcare (\$15 + \$5 per child)
			6.00pm – 7.00pm Tennis Fit (\$15)	
7.00pm – 8.00pm Tennis Extreme (\$20)	7.00pm – 8.30pm Tennis Fit (\$20)	7.00pm – 8.00pm Attackers & Defenders (\$15)	7.00pm Easi Tennis (\$15)	7.00pm Tennis Extreme (\$20)
			8.00pm Easi Match Play (\$15)	

Payment in cash preferred. EFTPOS available.

Bookings essential. Book online at www.smashtennis.co.nz or phone Cathy on 0274 276 274.

Easi Tennis

Does this sound like you? "I would love to learn how to play tennis but I am too old to start". "I played when I was younger but I would be hopeless now". "I would like to find a fun way to improve my fitness". Well, you have come to the right place!!! Learn the fundamentals of the serve, forehand and backhand, as well as basic net play techniques and simple tennis strategy.

Easi Match Play

If you've taken part in some Easi Tennis classes and now want to play some matches, join this group of players of similar ability. Coach warms up players with drills and matches are played with the coach's input.

Tennis Fit

For the intermediate player. If you have graduated from Easi Tennis and are looking for more of a challenge, or you are looking for a fun way to improve the tennis skills you already have and want to keep up your level of fitness, Tennis Fit is the class for you. You will experience higher paced combination drills including forehand, backhand, net play and point play.

Attackers & Defenders

Fast, furious and competitive tennis! This class is all about doubles techniques and net play. Coaches will pair you up on court. Requires a lot of running.

Tennis Extreme

An extreme work out for the advanced player. Three people on a court, fast paced drills plus interaction with the coach. Suitable for players who really want to challenge themselves. Not for the faint hearted!