

**St Anne's Waterford Tennis Club - Club Tennis Programme**

# Senior Tennis Programme - Autumn Phase I Programme 2017

Category	Dates	Group	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Cost	Coach/Trainer
Senior Drill Sessions	Sept 11th - Dec 22nd	Senior Drill and Point Play - Grade 5 & 6		6-7pm		6-7pm				€6 per session - pay as you go	Emma
		Senior Drill and Point Play - Grade 4+			7-8pm					€6 per session - pay as you go	Emma
Social Doubles	Sept 11th - Dec 22nd	Social Ladies Doubles. All Grades			10-1pm						Staff
	Sept 11th - Dec 22nd	Social Mens Doubles. All Grades		10-1pm							Staff
Fitness For Tennis	PHASE I: Four Week Programme. from w/c Sept 10th - to w/c October 8th	Cardio Tennis	9.30-10.30am	8-9pm	8-9pm	8- 9pm Beginners	9.30-10.30am			€8 per Session - pay as you go	Patrick Mc
		Waterford Warriors - FIT for Tennis	6-7pm		6-7pm					€35 (4 Weeks) or €10 per session pay as you go	Gary Walsh
		Kettle Bells				8 to 9pm				€35 (4 Weeks) or €10 per session - pay as you go	Martina Fanning
		Yoga Class		7 to 8pm						€35 (4 Weeks) or €10 per session - pay as you go	Aoife Burke

See: Calendar of Events for information on all events including the once a month Friday Night Social Doubles

Coaching and Private Bookings	Private coaching, corporate tennis events, and social tennis events can be arranged upon request
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