

ADULT TENNIS

ADULT GROUP LESSONS \$150 - 8 week block
Evenings or mornings depending on level of interest (register your interest or organise your own group)

Ideal for first-timers, and/or players returning to the court after time off. All the fundamentals of the game covered. Including technique, movement, tactics.

ADULT SOCIAL & COMPETITIVE TENNIS

There are various different social and competitive groups available for club members to participate in. Both morning time and evening.

Please refer to schedule attached or club website for more details

www.bangalowntennisclub.com

EQUIPMENT : Rackets We are stockists of HEAD rackets. Talk to us about the racket that best suits you. Demos available

Restrings and Re-grips We have many years of stringing experience.

New strings from only \$35

TOURNAMENTS:

Holiday Tournaments/Club Championships / JDS (North Coast) / OJT (Regional and National Events available throughout the year)

JUNIOR TENNIS - Based on 10 week term

HOTSHOTS : Ages 5-11 years

Give your young ones a great start
Movement, balance, eye-hand, training
A globally successful introduction programme.
Utilising modified equipment and games based learning. Ensuring children develop skills while having fun.

Red \$120, 4-7 years (45 mins session)

Orange \$150, 7-10 years (60 mins session)

Green \$150, 8-11 years (60 mins session)

YELLOW BALL GROUP LESSONS:

Ages 10-18 years

\$150, 10-18 years (60 mins session)

COMPETITION TRAINING SQUAD

\$200 for 90 mins session (1 per week)

High Performance training for the serious player.
Provides and develops the skill set to compete in local fixtures and tournaments.

Covers technical/tactical/movement aspects

PRIVATE LESSONS - by appointment \$35 for 30 mins, \$70 for 60 mins

Absolutely the best way to fine tune your game and reach your full potential. An all round approach to your game, covering technical, tactical and mental aspects.

SAT MORNING JUNIOR INTERCLUB FIXTURES

\$70 for school term

For Green Ball and above, 8-10am

Represent Bangalow TC in a team format. Singles and doubles play. Home and away series in the Northern Rivers district.

The best way to develop your game!



BANGALOW

www.northernriverstennis.com

Head Coach: **Brandon Rowe**
(TCA Qualified Club Professional)

email: brandon@northernriverstennis.com

mob: 0400403323

Tennis Programmes for Kids and Adults

All juniors who are involved in the programme, must be financial members of the Bangalow Tennis Club.

Membership runs from 1st January-31st December

- Junior (attending school) \$20

- Adults \$50

- Family \$120

Family coaching discount (for groups only)

- 10% discount for second child
- 50% discount for third child
- 4th child free
- 25% discount for extra group

* All programmes are on a term basis and will be invoiced after first week of term.

Bangalow Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8-10am Ladies Social Tennis		6.30-7am Private lessons		8-10am Northern Rivers Junior League Interclub Fixtures
			7-8am Private Lessons		
			8-9am Private Lessons		
			9-10 Private Lessons		
		3-3.30pm Private Lessons		3-3.30pm Private Lessons	
		3.30-4pm Private Lessons		3.30-4pm Private Lessons	
		4-5 pm Red Hotshots	4-5 pm Orange Hotshots	4-5 pm Green Hotshots	
6-8.30pm Mens Social Tennis	7-9pm Social Mixed Tennis	5-6pm Green Hotshots	5-6pm Yellow Ball Group	5-6pm Green Hotshots	5-6pm Yellow Ball Group
		6-7pm Private Lessons		6-7pm Private Lessons	