



# Alan Stopford Tennis Coaching

Normanhurst Boys High School

Fraser Road, Normanhurst

## **NEW ADULT CLASSES**

Beginner and intermediate classes

Term 2, 2014

### **Saturday mornings**

9.00am – 10.00am Tennis on the run (Cardio workout) Intermediate

10.00am – 11.00am Adult beginner class

**Includes: For Tennis on the Run (Cardio workout)**



Warm up, stretching

Cardio workout including fast paced drills

Footwork

Calorie burning workout

Cool down

### **For Beginners**

Forehand and backhand grip

Covers basic techniques on all strokes

Gives players a foundation to  
build on their game

Scoring

*Classes cater to all fitness levels and include games, challenges and  
most importantly fun. Make up lessons for wet weather.*

**Cost: Only \$80.00 for four weeks.**

Contact: Alan Stopford Tennis Australia Qualified Coach

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