

# Adult Tennis: 4 Week Beginners Introductory Course



Darwin  
International  
Tennis Centre

**Suites the Adult beginner with no previous experience**

- **Wednesday Nights 7pm to 8pm**
- **Next course runs 2 February to 23 February**
- **Courses restricted to 6 participants**
- **Cost \$90 (Racquets provided)**



**Over the 4 week Course you learn**

- 1.The keys skills to maintaining a rally**
- 2.How to direct and control your groundstrokes**
- 3.Serving to get the point started**
- 4.Playing the net**

**Register at Reception or via the website at  
[www.ditcmarrara.com.au](http://www.ditcmarrara.com.au) -> Programs  
[info@DITCmarrara.com.au](mailto:info@DITCmarrara.com.au) - 08 8945 9000**

# Adult Tennis: Improve Your Game Stroke by Stroke



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**For the Adult looking to improve an individual stroke**

- **Monday Nights 7pm to 8pm**
- **See session dates and strokes below**
- **Cost \$20 per session**



**Strokes we will look at.**

- **31 January: The Volley (Learn to attack and defend)**
- **7 February: The Forehand (Learn the keys to control and power)**
- **14 February: The Serve (Discover how to make it reliable)**
- **21 February: The Backhand (Understand the fundamentals for consistency)**

**Register and check in at reception**

**[info@DITCmarrara.com.au](mailto:info@DITCmarrara.com.au) - 08 8945 9000**



# Adult Tennis: Tactics for Social Play



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## How to get the best out of your game

- **Tuesday Nights 6:30pm to 7:30pm**
- **See dates and areas of tactical focus below**
- **Cost \$20 per session**



## Tactics we will focus on.

- **1 February: The Net (Making it your friend)**
- **8 February: Make your Forehand a weapon**
- **15 February: Winning Strategies for Social Doubles.**
- **22 February: Keeping it Consistent (Decision making to help you keep the ball in play)**

**Register and check in at reception**

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# Adult Tennis: Pathways at the Darwin International Tennis Centre



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## Coaching for Game Improvement

**Step 1 Adult Tennis:  
4 Week Beginners  
introductory Course  
Wednesday 7pm to 8pm**

**Step 2 Adult Tennis  
Improve your Game  
Stroke by Stroke  
Mondays  
7pm to 8pm**

**Step 3 Adult Tennis  
Tactics for Social Play  
Tuesdays  
6:30pm to 7:30pm**

## Game Play for Fun and Challenge

**Book a Court  
89459000 or  
[play.tennis.com.au/DITC](http://play.tennis.com.au/DITC)**

**\$5 Individual Court  
Access Special  
Pay at Reception**

**Beginner  
Adult Social  
Sets  
Wednesday  
7 pm to 8 pm**

**Adult Social  
Tennis Mixer  
Tuesday  
6:30pm to  
8:30pm**

**Ladies Doubles  
The Tradition Continues  
Thursday  
6pm to 8pm**

**Competition  
Play  
Available at  
various tennis  
venues.**

**For more information  
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