



Bungendore Park Tennis Club
Cnr Butmaroo St & Turallo Terrace
PO Box 126, Bungendore, NSW, 2621
www.tennis.com.au/bungendoreptc/
www.facebook.com/bungendoretennis/
instagram.com/bungendoreparktennisclub/

Head Coach: David Pajaczkowski
m 0424 295 634
davidpaj@risingstartennis.com

RSTA's Play & Train Program



Our Play and Train program is designed to engage playing the game of tennis in a fun team environment. Supervised matchplay from our Tennis Australia Qualified coaching team offers "guided discovery" learning approach to team competition in order to develop a better understanding of playing the game of tennis.

Based on the coaches observations through the supervised matchplay, coaches and players will have a better understanding of what needs to be prioritised technically and tactically in the weekly training session.

Our Play and Train Program is designed to accelerate your child's development and love of team based competition .

Red Court

Technical Priorities: Basic rally skills, perception and reception skills, shot readiness and movement with balance.

Tactical Priorities: Basic rally concepts and understanding the rules of the game of tennis.

Social Priorities: Falling in love with the game, team bonding, sportsmanship and respect.

Recommended ages: 5yrs - 7 yrs

Orange Court

Technical Priorities: Working on different types of spin, exploring all parts of the orange court, readiness, movement with balance and building the serve.

Tactical Priorities: Based on the technical priorities this will allow the players to explore more of the court and how to play with greater accuracy and power

Social Priorities: Becoming a better student of the game, team bonding, sportsmanship and respect.

Recommended ages: 7yrs - 10 yrs



Bungendore Park Tennis Club
Cnr Butmaroo St & Turallo Terrace
PO Box 126, Bungendore, NSW, 2621
www.tennis.com.au/bungendoreptc/
www.facebook.com/bungendorettennis/
instagram.com/bungendoreparktennisclub/

Head Coach: David Pajaczkowski
m 0424 295 634
davidpaj@risingstartennis.com

ANZ Tennis Hot Shots Green Court Program

Ages : 9+ yearsThe Green Court Program is aimed at students graduating from the Orange Court Program and advanced beginners looking to further develop their tactical and technical knowledge of the game of tennis. The Green Court Program challenges players to explore an all-court game style and experience the tactics and technical execution required for success in the full size tennis court. Challenging, tactical scenarios and competition formats used within the lesson format will encourage athletes to gain the edge in their learning development. Graduates of this program will have developed several tennis weapons, sound technique and tactical awareness.



This program is conducted on a full size tennis court using green (75%) low compression tennis balls.

Tennis Whizz Launch Pad Program



Ages : 3-5 yearsOur Tennis Whizz program is specifically designed for children aged between 3-5 years. The focus of this program is the acquisition and enhancement of fundamental movement and perceptual motor skills required for many sporting activities – in particular tennis, as well as some of the fundamental technical and tactical concepts of the game of tennis, such as groundstrokes. Our Tennis Whizz program assists in laying the skills foundation to be able to play the game of tennis. Our coaching team encourage the participants of this program, as well as Mums and Dads to be active, enjoy their tennis and have a healthy approach to life.

The program consists of eight, 30 minute lessons. All the tools and equipment necessary to conduct the program are included.

Cardio Tennis

Ages : 18+ years

Cardio Tennis workout pushes your fitness to a new level with a high-energy, heart-pumping, fun group program. This fast paced forty-five minute cardio workout features high-intensity, non-stop tennis and movement drills to aerobic-style music, giving people of all abilities the ultimate high-energy workout that will help to grow your game



Cardio Tennis is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is a very social and fun class for players of all ability levels taught by a tennis teaching professional. If you've never played tennis before it is a great way to be introduced to the sport and if you are an experienced high level tennis player it is the best way to train for tennis. Most classes have mixed abilities but regardless of ability or fitness level our tennis professional is trained to provide the ultimate workout for each person.