

ENROLMENT FORM

****Enrolments to any session must be made
by 13th July 2020****

All sessions commencing week beginning
20th July 2020

Name of Child

Age

Address

.....

Telephone (h)

(m)

Email.....

Relevant Medical Conditions

.....

School

Preferred Day and Time.....

.....

Amount enclosed

\$.....

(Min \$10 deposit required to secure booking
balance to be paid in the 1st week)

Family Discount - \$10 off the total bill for 2
or more family members only. This is only
deducted once and is not for how many
sessions are done.

LOCATION

Golden Grove Tennis Club

Tilley Recreation Park

Cnr of Yatala Vale and

Hancock Rds

Surrey Downs

CONTACT DETAILS

Craig Mousley

Mobile: 0412 262 006

Email: coaching@ggtc.org.au



Craig Mousley Tennis Coaching

**Coaching for all
ages and standards**

Beginners to elite

4 years and above

*****Kids and Adults**

Cardio Tennis

Available***

Tennis Australia

Talent Development Coach

Tennis SA Coach of the year 2005 & 2009

Over 28 years experience

ANZ HOT SHOTS

GROUP COACHING

Register for FREE T-Shirt

3-4YRS (BLUE STAGE)

- ****FREE RACQUET ****
- Morning sessions only (contact Craig)

4-7YRS (RED BALL)

- ****FREE RACQUET ****
- Modified equipment
- Fun and games
- Fundamentals of tennis

DEVELOPMENT SQUAD

(Ages 8+)

(ORANGE/GREEN/YELLOW)

- Development of technique
- Match tactics and doubles play
- Development of motor skills
- 45 min or 60 min lessons

TALENT SQUAD

(Invitation Only)

- Tournament/High level Competition
- Advanced stroke production
- Tactical match play

**** CARDIO TENNIS ****

An exciting high energy programme that is a great fitness workout on the tennis court!! Cardio Tennis is open to all ages, all abilities and fitness levels regardless of whether or not you've played tennis before. Set to music, one workout a week will have you feeling fitter and more energised than ever before.

Register for FREE trial

Cost \$130 or \$230 for 2 lessons per week
(8 week term)

- Monday 730-830pm 20/7/20**
- Wednesday 7:30-8:30pm 22/7/20**
- Thursday 915am-1015am 23/7/20**

***** KIDS CARDIO *****

- Wednesday 6:30-7:30pm 22/7/20**

ADULT LESSONS (\$130 for 8 weeks)

Relaxed atmosphere/All standards

- Tuesday 915-1015am 21/7/20**

PRIVATE COACHING

Lessons 30—60 minutes duration.

Limited spaces available.

RESTRINGS AVAILABLE

For more information contact Craig.

ENROLMENT FORM

Red Ball 4-7yrs (\$115 for 8 weeks)

- Tuesday 3:45 - 4:15pm
- Tuesday 4:15 - 4:45pm
- Tuesday 4:45 - 5:15pm
- Thursday 4:30 - 5:00pm
- Thursday 5:00 - 5:30pm
- Thursday 5:30 - 6:00pm
- Sunday 9:00 - 9:30am
- Sunday 9:30 - 10:00am
- Sunday 10:00 - 10:30am
- Sunday 10:30 - 11:00am

Development Squad 8+yrs

45 min sessions (\$110 - 8 weeks)

- Monday 4:00 - 4:45pm
- Monday 4:45 - 5:30pm
- Monday 5:30 - 6:15pm
- Wednesday 4:00 - 4:45pm

1 hour sessions (\$130 - 8 weeks)

- Monday 6:15 - 7:15pm
- Wednesday 4:45 - 5:45pm
- Sunday 9:00 - 10:00am
- Sunday 10:00 - 11:00am