

# **ENROLMENT FORM**

**\*\*Enrolments to any session must be made  
by 15th July 2019\*\***

All sessions commencing week beginning  
22nd July 2019

## **I WILL/WILL NOT BE RETURNING IN TERM 3**

**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](mailto: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 25 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 \$120 or \$215 for 2 lessons per week  
(8 week term)

- Monday 730-830pm (22/7/19)**
- Wednesday 7:30-8:30pm 24/7/19**
- Thursday 9am-10am (25/7/19)**

## **\*\*\* KIDS CARDIO \*\*\***

- Wednesday 6:30-7:30pm 24/7/19**

### **ADULT LESSONS** (\$120 for 8 weeks)

Relaxed atmosphere/All standards

- Tuesday 915-1015am**

### **PRIVATE COACHING**

Lessons 30—60 minutes duration.

Limited spaces available.

### **RESTRINGS AVAILABLE**

**For more information contact Craig.**

## **ENROLMENT FORM**

### **Red Ball 4-7yrs** (\$105 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** (\$100 - 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** (\$120 - 8 weeks)

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