



CAPITAL COACHING

Groups Groups Groups Groups Groups

<p>PEE WEES (3-6 YRS)</p> <p>These groups will be taken on Wednesday for 8 weeks. The group is best suited for young children from the age of 3 to 6, who are just starting tennis. Each week they will learn a different part of the game, e.g. the forehand. Max of 6 children per group. <i>Low pressured pee wee balls specifically for young children!</i></p> <p>Lesson Times: Wed 4.00-4.30pm; Thurs 3.45-4.15pm Cost: \$35/term</p>	<p>LITTLE CHAMPS (6-7 YRS)</p> <p>These groups will be taken on Wednesday for 8 weeks. The group is best suited for young children from the age of 6-7, who have gone through the peewee sessions for three or four terms prior. Each week they will learn a different part of the game, and will learn to rally over the net by the end of the 8 weeks. Max of 6 children per group.</p> <p>Lesson Times: Tues 4.30-5.15pm; Wed 4.30-5.15pm. Cost: \$65/term</p>	<p>RISING STARS (8-10 YRS)</p> <p>These groups will run on Tuesdays, Wednesdays or Fridays for 8 weeks. It is best suited for children who can rally over the net, but who need practice at doing this consistently, and continue to perfect their techniques and learn new shots like volleys and smashes. Max of 6 children per group.</p> <p>Lesson Times: Mon 3.30-4.15pm; Tues 3.45-4.30pm; Wed 3.15-4pm; Thurs 4.15-5pm; Fri 3.45-4.30pm Cost: \$85/term</p>
<p>PRO-SHOT ROCKETS (10-12 YRS)</p> <p>These groups will run on Tuesdays, Wednesdays and Fridays. Aimed at intermediate and college children that enjoy the sport and want to work on their technique but also put it into practice by playing games in match situations. Max of 6 children per group.</p> <p>Lesson Times: Mon 4.15-5pm; Tues 4.30-5.15pm; Wed 4-4.45pm; Fri 3.45- 4.30pm. <i>(Please specify which day)</i> Cost: \$85/term</p>	<p>BLASTING ACES (13-17 YRS)</p> <p>This group will be taken on Mondays, Thursday or Fridays. The group is suited for college children playing interclub that want extra training. In this group we will work on more specific technique and implementing tactics and strategy. Max of 6 children per group.</p> <p>Lesson Times: Mon 5-5.45pm; Tues 3-3.45pm; Thurs 4.15-5pm; Fri 4.30-5.15pm <i>(Please specify which day).</i> Cost: \$85/term</p>	<p>JUNIOR/INTERMEDIATE ACADEMY (9-13 YRS)</p> <p>This selected squad will train on Tuesdays. In this group the students are taught everything tennis. The academy creates a great environment for the kids to train hard and reach their full potential. Max of 6 children. Rain or shine.</p> <p>Lesson Times: Intermediate :Mon 5.45-6.45pm; Junior Academy Tues 5.00-6.00pm Cost: \$100/term All applications considered!</p>
<p>SENIOR ACADEMY (14-17 YRS)</p> <p>This selected squad will train on Thursdays. In this group the students are taught everything tennis. The academy creates a great environment for the kids to train hard and reach their full potential. All applications considered. Max of 6 children. Rain or shine.</p> <p>Lesson Times: Thurs 5.45-6.45pm Cost: \$100/term All applications considered!</p>	<p>INTENSE FOCUS SESSIONS</p> <p>These sessions can be tailored to a time that suits. Sessions are for 45 mins. They are ideal for 2-3 children who wish to share the session and receive more intense technical consulting. Children can be any age.</p> <p>Cost: 2 players \$150/term 3 players \$ 100/term To be arranged at a time that suits</p>	<p>INDIVIDUAL LESSONS</p> <p>These are taught by an experienced pro. This format usually produces the quickest improvement in the student's game. Advantages:</p> <ul style="list-style-type: none"> • Completely individualized attention; • The most rapid improvement; • best format in which to "fix" a stroke; • Full activity for the entire lesson; • Unlimited hitting time with the pro. <p>Cost: \$60 (non-members) for 60 mins; \$50/45 mins; \$35/30 mins \$55 (members) for 60 mins; \$45/45 min; \$30/30 mins To be arranged at a time that suits</p>

Above are the lesson times we offer kids- both in squash and tennis. These are broken down by ages, and we ask that you identify a group that will suit your child. Lesson times and prices are also identified in the boxes- if none of the options suit you will need to contact us so that we can try and arrange alternative arrangements. Lessons will run rain or shine (or unless postponed by the coach on the day).

Please register your child as soon as possible to get a guaranteed spot in their preferred group. Lessons begin the second week of the school term and will run for 8 weeks. Unfortunately due to new policy implemented at the club, we will be asking all non-members to pay an additional \$5 for the term (court hire).

Kind regards, the Capital Coaching Team