



Holiday Coaching Programmes

Karori United Tennis Club, 14 Campbell St

Week 1: Mon 19th – Fri 23rd December

Foundation Coaching

9am – 12.30pm

Beginners & Non-Interclub Players

- Ages 6-12 years
- Coaching with professional tennis coaches
- Lessons are designed to improve fundamental technical skills, and teach game strategy
- \$175 all inclusive for 5 days

Competitor Coaching

1.30pm – 4.30pm

Tournament & Interclub Players

- Lessons focus on improving technical skills and match strategy
- Drills, games and competitions
- Focus on match fitness and footwork
- \$150 all inclusive for 5 days

All Day Coaching

(for players with working parents)

9am – 4.30pm

- Designed for players with full time working parents. For all levels and abilities
- Professional coaches to work with different ages and abilities
- Drop off from 8.30am. Supervised lunch break with activities 12.30-1.30pm
- \$325 all inclusive for 5 days (less than \$10/hour coaching)

Fun competitions and great prizes (indoor venue available)

\$45 per half day session or \$80 for full day. To enrol email Andy Wheeler–

capital.coaching.nz@gmail.com



COACHING – RESTRINGING – APPAREL