



## Adult Coaching Programme

6 weeks: Monday 14<sup>th</sup> April – Sunday 25<sup>th</sup> May

All courses are held at CLTC.

### Beginners- aimed at those just starting out or social players that do not play regularly

Cost: Members £54 Non Members £67.50 per six week block

Drop in: Members £11.25 Non Members £12.75 per session

DAY	TIME	CODE
Monday	6:30-8:00pm	ADULT-AA7
Sunday	3:00-4:30pm	ADULT-AA1

### Intermediates- This course is aimed at improving strokes to enable play at club level

Cost: Members £54 Non Members £67.50 per six week block

Drop in: Members £11.25 Non Members £12.75 per session

DAY	TIME	CODE
Thursday	6:30-8:00pm	ADULT-AA6

### Advanced- The course is aimed at advanced stroke improvement and tactics. Players should be competent players who could play in the club's teams.

Cost: Members £49.50, Non-members £63 per 6 week block

Drop in: Members £10.50, Non-members £12.00 per session

DAY	TIME	CODE
Tuesday	10:30-11:30am	ADULT-AA2

### Ladies Morning- social coaching session followed by coffee

Cost: Members £49.50, Non-members £63 per 6 week block

Drop in: Members £10.50, Non-members £12.00 per session

DAY	TIME	CODE
Thursday	9:30-11:00am	ADULT-AA4

### Adult Afternoon Coaching- Aimed at social players looking to improve technique and doubles play

Cost: Members £49.50, Non-members £63 per 6 week block

Drop in: Members £10.50, Non-members £12.00 per session

DAY	TIME	CODE
Friday	1:30-3:00	ADULT-AA9

### Doubles Match Practice- An organised doubles match play session

Cost: Members **FREE**, Non-members £63 per 6 week block

Drop in: Members **FREE**, Non-members £12.00 per session

DAY	TIME	CODE
Wednesday	9:30-11:00	ADULT-AA3

### Over 45's – FREE to all Cambridge City residents over 45 that have not previously attended free coaching at CLTC – otherwise £5 per session.

DAY	TIME	CODE
Monday	9:30-11:00am	ADULT-AA8

For more information about any of the above courses please email [info@cambridgeltc.com](mailto:info@cambridgeltc.com) or call 01223 31255/007749 713450.

Application forms for the above courses can be downloaded from the club's web site or collected from the clubhouse. **To ensure you get a place on a particular course, please book in advance – 'drop in' students can only be accommodated when there is space on a course. Courses may be cancelled if not enough pre-bookings are made. Payment terms:** By cash or cheque (payable to CLTC).

