

Why Sydney Uni Tennis?

- Our coaches are highly regarded & experienced tennis professionals
- Qualifications of coaches include graduate sport science and Tennis Australia High performance tennis coaching qualifications
- Coaching experience includes high performance coaching at AIS, professional tour players, national & state ranked juniors and national junior team tours to Asia, Europe & US.
- Coaches are experts on Dartfish performance analysis software allowing each client to objectively viewed with video analysis
- Coaches constantly review coaching methods & continually update practices through monthly education sessions
- Clients receive continuity of coaching with the same coach throughout their tennis development
- Comprehensive grading system giving each client feedback & technical review
- Each client's progress in monitored by continued performance notes & feedback
- Every lesson is planned to ensure progression from lesson to lesson



For any queries please call 9351 4978 or tenniscoaching@sport.usyd.edu.au.



Sydney Uni
SPORT & FITNESS

University Sports & Aquatic Centre

Cnr of Codrington and Darlington st
Darlington

(02) 9351 4978
www.susf.com.au

Sydney Uni Tennis
Operates under the umbrella of Sydney Uni Sport & Fitness

ADULT TENNIS

Program 2009



Sydney Uni
SPORT & FITNESS

Sydney Uni Tennis provides the most innovative and enjoyable tennis in Sydney. Adults enjoy the benefits of exciting tennis programmes including group coaching, cardio tennis, social play & competitive leagues.

Private Lessons

Sydney Uni Tennis provides the highest quality private lesson programme in Sydney. Private lessons are suitable for all players from beginner level to tournament standard regardless of ability. Private lessons are our speciality and suite players that require one on one attention to achieve their tennis goals.

Community Member: \$70.00 per lesson
Student Member: \$65.00 per lesson

Semi Private Lessons

This popular option is available to adults who wish to share a private lesson with a friend or family member (2 person limit).

Community Member 80.00 per lesson
Student Member: \$70.00 per lesson

Lessons available 7 days per week Monday to Sunday. Lessons to be booked & paid prior. Please refer to tennis terms & conditions - www.susf.com.au



Social Play & Competitions

SOCIAL TENNIS

A blend of coaching & social play. Suitable for adults interested in trying out the tennis program or regular social players.

	M	T	W	T	F	S
Time	19:00				19:00	

Duration 2 hrs. Int/Advanced standard
Community Member: \$80.00 - 4 Sessions
Student Member: \$70.00 - 4 Sessions
Both Members: \$28.00 - Per Session

MIXED UP DOUBLES

Enjoyable social doubles in a relaxed format for Advanced Beginners.

	M	T	W	T	F	S
Time				19:00		

Duration 1.5 hrs.
Member \$150.00

MORNING TENNIS

Group coaching for adults during the day that will develop skills, in a social format. Suitable for all levels.

	M	T	W	T	F	S
Time			09:30		09:30	

Duration 1.5 hrs.
Community Member: \$220.00
Student Member: \$190.00

BREAKFAST LEAGUE

Early morning tennis is available for those keen singles & doubles players. Breakfast league tennis involves high intensity tennis playing for an hour then heading off to work, uni or home.

	M	T	W	T	F	S
Time	7:00	7:00	7:00			

Suitable for Intermediate to Advanced players.
Duration 1 hr.
Community Member: \$170.00
Student Member: \$150.00



Adult Groups

ADULT GROUP COACHING

Our most popular program available for adults, classes guarantee the highest quality coaching with four adults per coach. Our innovative practices with technical & tactical competencies achieved each week ensure our Adult Group lessons are the best in Sydney.

	M	T	W	T	F	S
Time	18:00	13:00	13:00	18:00		11:00
	19:00	18:00	18:00	19:00		12:00
		19:00	19:00			13:00

Suitable for Beginner & Intermediate players. 4 per class. 10 & 5 week program.

Duration 1 hr.
5 Weeks: \$120:00
Community Member: \$230.00
Student Member: \$199.00

CARDIO TENNIS

Cardio tennis is a fun, physical tennis program designed with fitness in mind. With six per class adults join a group hitting balls while focussing on agility and aerobic endurance ensuring a Cardio workout. Classes are held weekdays.

	M	T	W	T	F	S
Time	19:00	19:00	19:00	19:00		

Community Member: \$185.00
Student Member: \$165.00

For more information please go to www.susf.com.au