

**FREE TRIALS  
AVAILABLE**

# Adult Tennis

**Location: Killara Lawn Tennis Club**

Inspire Tennis conducts high quality adult tennis courses for players of all ages and standard. Our courses are fun, innovative and are a great way to exercise and be challenged in a social environment.

Whether you have past tennis experience or have never played before, our professional coaching team will assist you in developing technique and improving fitness. All courses are structured around both player enjoyment and improvement. Join a course or take a free trial today!

## SELECT A PROGRAM

Call us on **9498 1902**

### Ladies Clinic

Inspire Tennis' Ladies Clinics are fun, exciting and are a great way to exercise, learn how to play or improve your game. Whether you have past tennis experience or have never played before, our professional coaching team provide a learning pathway for every player. Clinics are held in a social environment and are available weekday mornings from 9:45am. Our creche facility (or Multi-sports Program) is an option for pre-school aged care.



### Mixed Evening Clinics

Improve your tennis skills in a social environment! Welcoming players of all standards, our mixed evening clinics are an enjoyable way to develop technique, improve fitness and gain a greater understanding of the game. Clinics are held weekday evenings from 6:30pm. Social night competitions are an excellent compliment to your mixed evening coaching clinic.

### Private Lessons

Private lessons can be one-on-one tuition or shared, catering specifically for more personalised tuition and rapid improvement. Private lessons are conducted by our professional coaching team (7) days a week and are the perfect way to introduce beginners to the game, while intermediate and advanced players can develop strokes and tactics to progress to the next level. Our objective is to ensure players receive constant attention, goal setting, technique development and maximise hitting in a positive environment.

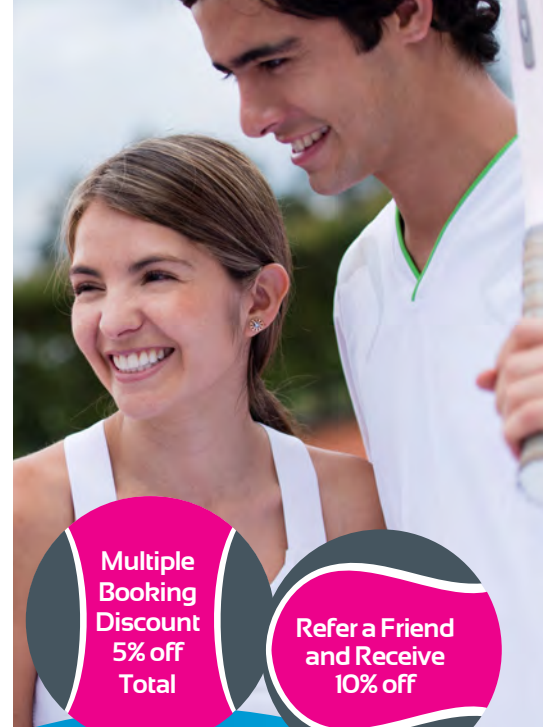
### Cardio Tennis

Cardio Tennis is a fun, social, group tennis-fitness program for people of all ages and abilities. Cardio Tennis differs from our mixed evening clinics as the emphasis is on improving your overall fitness.

A unique feature of Cardio Tennis is the use of music and the Suunto heart rate monitors that gauge your heart rate and calorie burn at each session. Cardio Tennis is active in over 30 Countries with research showing people work 33% harder if training with music and endurance improves 15%. Joyful music causes blood vessels to dilate and increases blood flow.

### Adult Competition & Social Tennis

Competitions including ladies comps, social mixed evening comps, breakfast comps and NSTA comps. Can be a great compliment to a coaching clinic. Our competitions and social tennis cater for all levels of match-play and competition tennis. Sunday Social does not require membership and gives participants a chance to invite friends and enjoy a bbq once a month.



**Multiple  
Booking  
Discount  
5% off  
Total**

**Refer a Friend  
and Receive  
10% off**

## Price List

All prices are based on 10wks public schools calendar and will be amended if there are 9 or 11wk terms.

### Ladies Clinics

Cost: \$280 (10 weeks)  
Casual: \$33/session  
Duration: 90 mins  
Ratio: 6:1  
+ THURS COMP \$162

### Mixed Evening Clinics

Cost: \$280 (10 weeks)  
Casual: \$33/session  
Duration: 90 mins  
Ratio: 6:1  
+ MIXED EVENING COMP \$162

### Private/Shared Lessons

Cost: \$85-\$115/hr & \$45-\$60/half hr  
(discounted 10pk from \$800)  
Duration: 60/30 mins  
Ratio: 1:1 or 2:1 (costs shared)

### Cardio Tennis

Cost: \$220  
(10weeks)  
Duration: 60 mins

### Competition & Social Tennis

Cost: \$180 (10 weeks)  
Duration: 120 mins

**Register Online Today!**  
[inspiretennis.com.au](http://inspiretennis.com.au)

Call us on **9498 1902**  
[info@inspiretennis.com.au](mailto:info@inspiretennis.com.au)



## Adult Tennis Schedule

PROGRAM	MON (10wks)	TUE (10wks)	WED (10wks)	THUR (10wks)	FRI (10wks)	SAT (10wks)	SUN (10wks)
<b>COURSES</b>							
LADIES CLINICS	9:30-11:00am	9:30-11:00am	9:30-11:00am	9:30-11:30am	9:30-11:00am		2:00pm SUNDAY SOCIAL
MIXED CLINICS	6:30-8:30pm			7:00-8:30pm	6:00-7:30pm	10:00-11:30am	2:00pm SUNDAY SOCIAL
CARDIO TENNIS	9:30-10:30am 7:00-8:00pm		9:30-10:30am 7:00-8:00pm		9:30-10:30am		
PRIVATE LESSONS	HELD BETWEEN 7AM & 10PM. BOOK A TIME THAT SUITS YOU.						
<b>SOCIAL &amp; COMPETITIONS</b>							
LADIES COMPETITION				9:30-11:30am	9:30-11:30am		
MIXED EVENING SOCIAL COMP	DIVISION 2 7:30-10:00pm Intermediate	7:30-10:00pm Beginner/ Intermediate		DIVISION 1 7:30-10:00pm Advanced			
WEDNESDAY NSTA MENS COMPETITION			7:00 – 10:00pm Members Only				
SOCIAL TENNIS						High Grade Members 12:00-6:00pm	SUNDAY SOCIAL Public 2:00- – 6:00pm
BREAKFAST COMPETITION				7:00 -8:30am			
SINGLES COMPETITION							10:30am Sunday Singles Comp

### 2017 Term Dates

**Term 1:** Mon Jan 30 - Sun Apr 9 (10 wks)

**Term 2:** Wed Apr 26 - Sun Jul 2 (10 wks)

**Term 3:** Mon Jul 17 - Sun Sep 24 (10 wks)

**Term 4:** Mon Oct 9 - Sun Dec 17 (10 wks)



### Upcoming Events

**Function Hire** - Birthday Parties, Social Functions, Corporate Functions, Tennis Getaways. Enquire online.

**Adult Leagues** - Competing is an important aspect for the development of your tennis to gain experience, practice what you have learnt during lessons and to socialise. Find out what competition or tournament you should be attending to further improve your game!

## Enrol Online Now!

[inspiretennis.com.au](http://inspiretennis.com.au)

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