



**CRANLEIGH**  
GOLF & COUNTRY CLUB

# TENNIS COACHING PROGRAMME

## MONDAY

Pre School session 9.30 - 10.15am £5 per session with adult participation, ages 2 ½ - 4 yrs

Adult Drill Session 10.30 - 11.30 £10 per session, sessions will be based around a particular tactic or technique

## WEDNESDAY

Coach lead Match play session 9.30 - 10.30am £5 per session, these sessions will be match play with the coach setting team tactics to work through

## FRIDAY

Cardio Tennis 12 - 1pm £10 per session, heart pumping session

Coach lead Match play session 1.30 - 2.30pm £5 per session, these sessions will be match play with the coach setting team tactics to work through

## SATURDAY

Mini and Junior Tennis, 4-7 yrs 1.30 - 2.15pm, 8 - 10 yrs 2.15 - 3pm  
11 yrs+ 3 - 4pm session

(Junior sessions are now payable termly, contact the Tennis team for more details)

Individual lessons are also available by contacting the coaches directly Tennis Team

Ollie Kirk - 07801 257123  
Ian Bicknell - 07736 334127

For more information email [tennis@cranleighcountryclub.co.uk](mailto:tennis@cranleighcountryclub.co.uk)