

RSY's T3 Tennis Coaching Programs

Monday Ladies Clinic

This group lesson focuses on four performance factors: technical, tactical, mental and physical abilities. The session will include a combination of drills and match play. All players are taught to improve their technique and implement new skills.

Mondays from 9:00am-10:30am

\$45.00 per session (if a non-member, please contact Ronan McGrann via ronanmcgrann@rsyltc.org.au).

Bootcamp

Movement based drills with a particular emphasis on endurance and improving speed. There will also be a game-based component to the session where you can put into practice your newly acquired skills.

Tuesdays from 6:30am-8:00am

\$45.00 per session (if a non-member, please contact Ronan McGrann via ronanmcgrann@rsyltc.org.au).

Hot Shots

An introductory program (skill acquisition/coordination/drills/games) for children aged 5-10 using modified courts and equipment in a fun & supportive environment.

Tuesdays from 4:00pm-5:00pm

Thursdays from 4:00pm-5:00pm

Saturdays from 8:15-9:00am (red ball), 9:00am-10:00am (orange ball) and 10:00am-11:00am (green ball)

\$30.00 for 45 minutes, \$35.00 for 60 minutes

RSY 45

RSY45 is a 45-minute game-based workout on a tennis court. RSY coaches will deliver this energetic tennis program based around a variety of drills/games in a fun and competitive environment.

Monday: 12.00 - 12.45pm (1 court intermediate & 1 court advanced)

Monday: 12.45 - 1.30pm (1 court intermediate & 1 court advanced)

Thursday: 9.15 - 10.00am (1 court intermediate & 1 court advanced)

Thursday: 10.00 - 10.45am (1 court intermediate & 1 court advanced)

Thursday: 12.00 - 12.45pm (1 court intermediate & 1 court advanced)

Thursday: 12.45 - 1.30pm (1 court intermediate & 1 court advanced)

Friday: 9.15 - 10.00am (1 court intermediate & 1 court advanced)

Friday: 10.00 - 10.45am (1 court intermediate & 1 court advanced)

Friday: 12.00 - 12.45pm (1 court intermediate & 1 court advanced)

Friday: 12.45 - 1.30pm (1 court intermediate & 1 court advanced)

\$25.00 per session for the remainder of T2 only. \$30.00 per session from T3 onwards (if a non-member, please contact Ronan McGrann via

ronanmcgrann@rsyltc.org.au)

Cardio Tennis

Cardio Tennis is the perfect session to get your heart rate pumping! It is a fitness-based group tennis lesson where players hit and move to increase their heart rate and improve cardiovascular fitness.

Wednesdays, Thursdays and Fridays

To register your interest, please contact Ronan McGrann via ronanmcgrann@rsyltc.org.au.

\$35.00 per session (if a non-member, please contact Ronan McGrann via ronanmcgrann@rsyltc.org.au)

For further information or to make a booking for a group or private lesson, please contact Ronan McGrann via ronanmcgrann@rsyltc.org.au or Meagan Spicer via meaganspicer@rsyltc.org.au or on 9829 1528.

The Club is currently building a pro shop at the Club's Tennis Pavilion. We will sell tennis racquets, shoes & clothing over the coming weeks. Please stay tuned for further information. The Pro Shop will open in mid-July.

*In the case of cancellations, 24 hours' notice must be given otherwise the full rate will be charged.



RSY's qualified and highly experienced coaches are:	The fee structure is as follows (inclusive of GST):	The fee structure is as follows (inclusive of GST):
	Member Rates:	Member's Guest Rates:
	(1:1)	(1:1)
John McCurdy (Director of Coaching)	30 mins: \$50.00	30 mins: \$55.00
Mark Hlawaty (Head Coach)	45 mins: \$75.00	45 mins: \$82.50
Ronan McGrann (Pro Shop Manager/Senior Coach)	1 hour: \$95.00	1 hour: \$105.00
Dario Palotto	(2:1)	(2:1)
Alessandro Paderno	30 mins: \$35.00pp	30 mins: \$40.00pp
Tammi Patterson	45 mins: \$47.50pp	45 mins: \$53.00pp
Jason Gasper	1 hour: \$60.00pp	1 hour: \$66.00pp
Grant Murphy	(3:1)	(3:1)
Danijela Mijic	30 mins: \$30.00pp	30 mins: \$33.00pp
Gael Courbard	45 mins: \$40.00pp	45 mins: \$45.00pp
Sunny Pathinayake	1 hour: \$47.50pp	1 hour: \$53.00pp
	(4 or more:1)	(4 or more:1)
	30 mins: \$27.50pp	30 mins: \$30.00pp
	45 mins: \$35.00pp	45 mins: \$40.00pp
	1 hour: \$40.00pp	1 hour: \$44.00pp