

# Tennis Coaching



TENNIS

Private and group lessons are available with our resident tennis professionals. Please contact the Sports Counter at 6739-4312 / sportscounter@amclub.org.sg or Muhammad at muhhdh@amclub.org.sg for hours of availability.

## Private Lesson Rates (per 60mins & per person)

Tomas Biernacki	\$90.00
Azhar Zainudin	\$85.00
Herman Ali	\$85.00
Jack Konieczny	\$85.00
Jaime Rodriguez	\$85.00
Nash A	\$85.00
Shan R	\$85.00

## Cancellation Policy

- Each additional person: \$10 on top of private lesson fee.
- Please note that there is a 24 hours cancellation policy for private lessons. Lesson cancelled less than 24 hours will be charged in full.

## ADULTS PROGRAMS

**Ladies Rated Clinics | Cost: \$40 per session | Ratio: 1 coach per 4 players**

These group lessons are structured so that all participants are of equal or similar ability. Emphasis is placed on stroke development, shot placement and strategy.

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 9:30 a.m. NTRP 3.0 - 3.5	7:00 – 8:30 a.m. NTRP 3.0 - 3.5	8:00 – 9:30 p.m. NTRP 3.0 - 3.5	8:00 – 9:30 a.m. NTRP 3.0 - 3.5	9:00 – 10:30 a.m. NTRP 3.0 - 3.5
	10:30 – 12:00 a.m. NTRP 3.0 - 3.5	9:30 – 11:00 a.m. NTRP 4.0 and above	8:30 – 10:00 a.m. NTRP 2.0 - 2.5	9:00 – 10:30 a.m. NTRP 4.0 and above
	8:00 - 9:30 p.m NTRP 3.0 - 3.5	8:00 - 9:30 p.m NTRP 3.0 - 3.5	8:30 – 10:00 a.m. NTRP 3.0 - 3.5	10:30 a.m – 12:00 p.m. NTRP 3.0 -3.5
			8:00 – 9:30 a.m. NTRP 4.0 - 4.5	

**Conversation chart: ITN 8 = NTRP 2.5 | ITN 7 = NTRP 3.0 | ITN 6 = NTRP 3.5 | ITN 5 = NTRP 4.0 | ITN 4 = NTRP 4.5**

**CARDIO CLASS | Cost: \$37.50 per session | Ratio: 1 coach to 4 Members**

Based on skill levels and coaches' assessment

**Drop-in Drill Session | Cost: \$37 per session | Ratio: 1 coach per 4 players**

Fast paced, high intensity workouts open to players of all abilities. Members are charged on a per attendance basis and are required to sign up 24 hours in advance. Spaces are limited.

**Ladies**

Fridays | 9:00 – 10:30 a.m.

**Men**

Saturdays | 10:00 – 11:30 a.m.

## Reminders:

- No mixing of groups between courts
- Maintain a minimum 3 metre buffer between the groups at all times.

