

Tennis Coaching

ADULTS PROGRAMS

Adult Program: 4 - 1 ratio per group

LADIES RATED CLINICS | \$45

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 - Friday

8:00 a.m. – 9:30 a.m. Ladies Intermediate
9:30 a.m. – 11:00 a.m. Ladies Advanced

Thursday

8:00 a.m. – 9:30 a.m. Ladies Advanced
9:30 a.m. – 11:00 a.m. Ladies Intermediate

Tuesday

8:00 a.m. – 9:30 a.m. Ladies Advanced
9:30 a.m. – 11:00 a.m. Ladies Intermediate
9:30 a.m. – 11:00 a.m. Ladies Beginner

Friday

8:00 a.m. – 9:30 a.m. Ladies Intermediate
9:30 a.m. – 11:00 a.m. Ladies Advanced
9:30 a.m. – 11:00 a.m. Ladies Beginner

Wednesday

8:00 a.m. – 9:30 a.m. Ladies Intermediate
9:30 a.m. – 11:00 a.m. Ladies Advance

SATURDAY DROP-IN | \$45

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 8:00 a.m. – 9:30 a.m.

• *Men

Saturdays 9:30 a.m. – 11:00 a.m.

*Saturday Ladies and Men's Drop In sign up is only available 24-hour in advance.

SUNDAY MEN'S TRAINING | \$25

8:00 a.m. – 10:00 a.m.

TUESDAY ADULTS CARDIO | \$45.00

6:30 p.m. – 8:00 p.m.

Only by invite for advanced players

WEDNESDAY DOUBLES DRILLS | \$45.00

6:30 p.m. – 8:00 p.m.

Only by invite for advanced players or STA

PRIVATE TENNIS LESSONS

Time To Be Arranged	Tennis Director	\$110
Time To Be Arranged	Tennis Coach	\$100

CONTACT US

If you have any question or need assistance please email Muhammad Hussein at muhdh@amclub.org.sg or call the Sports Counter at 6739-4312.

Terms & Conditions

- Classes are on a first-come, first-served basis.
- This is a term-based program with a permanent 1-week cancellation policy.
- No classes on public holidays.
- Each class needs a minimum of four registered participants to commence.
- Wet weather indoor program is available for Junior/Kids program in case of inclement weather.