

 Adult Activities Organised by Club

Below is a flavour of what the club will be providing to all members in 2015.

Social Saturdays

***Month – February/March***

We will be organising our Social Saturdays to kick off the New Year. This will cater for all members of the club and different categories will be catered for each week. This will be organised doubles or mixed doubles. The club will open the bar to enhance the evening’s entertainment.

Ladies Progressive Doubles

***Month – March/April***

This is a hugely popular activity at the club. Competition combined with Coaching Tips makes this an enjoyable experience for all. Each player is guaranteed 3 sets of tennis and the chance to advance to a more competitive court each week. Not to be missed!!!



Hit Fit

*Month – March/April*

This new idea will be introduced to the club this year. This is high intensity interval training. Shorter periods of extreme exertion followed by a break and repeated over the life cycle of a class is proven to raise the base metabolic rate of participants allowing a greater calorie burn. Max 8 per class. This will be divided into those players who are currently playing league and non - league players.

Coaching

Coaching is available year round and is open to all standards in groups or individually. Improving your game is not just for the high performance player but also helps the recreational player reach their potential and enjoy the game even more. The coaching team headed by Director of Tennis, Anne Fitzpatrick look forward to helping all our members to learn and player better tennis in the 2015 season.



Coaching Team

Director of Tennis – Anne Fitzpatrick

Coaches – Frank O’ Keeffe, Anne Fitzpatrick, Kieran Galvin, Anne Marie Darcy, Helena Darcy & Lena O’ Connor

**Other Adult Coaching Opportunities 2015**

Winter League Tactical Training – 5 Week Program – Beginning Jan/Feb

Tennis Xpress – Weekly Drop in, drop out coaching sessions – Beginning in March/April

Individual Coaching – It’s all about you! Contact the coach of your choice from the team above!

If you have questions or queries regarding the information above, please do not hesitate to contact Anne Fitzpatrick @ 0872967498 or alternatively check out our website [www.nenaghltc.ie](http://www.nenaghltc.ie).

COACHING AND SOCIAL PROGRAMME FOR 2015

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| Activity | Dates |
| Wednesdays Winter League Tactical Training  | Jan 21st, 28thFeb 11th 18th 25th  |
| Saturday Night Social Tournament | Feb 14th 21st 28thMarch 27th April 4th April 18th |
| Monday’s Ladies Progressive Doubles Grades 1-6 | March 23rd, 30th April 6th, 13th, 20th |
| Tennis Xpress Sundays  | April 12th, 19th, 26th May 3rd  |
| Beginner Open Nights  | March 24th, 31stApril 7th, 14th |
| Hit Fit  | April/May  |