

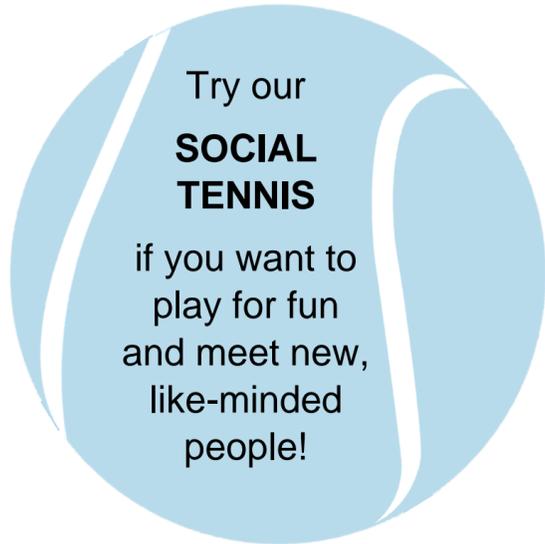


QUEENSLAND TENNIS CENTRE

ADULT DEVELOPMENT PROGRAM PATHWAY

COACHING LESSONS

FIXTURES PROGRAMS



SOCIAL TENNIS

Haven't picked up a racquet in a while? Social tennis is a great way to ease yourself back into it. Shake off that rust and hone in your tennis skills in a fun, social environment. Simply pay per session you attend.

ADULT ADVANCED

The advanced program is designed for experienced players. Players have improved court coverage, show forceful shot play in singles and doubles, and can serve the ball with pace and top-spin.

Coach to Pupil Ratio: 1:8

ADULT INTERMEDIATE

Can you hit the ball with control, sustain a short rally at slow pace, and are capable of serving the ball into play at pace? Then the intermediate program is for you!

Coach to Pupil Ratio: 1:8

ADULT NOVICE

A fun way to kick-start your tennis journey is the Novice program. This course teaches you the basic fundamentals of the game, as well as the basics of scoring and positioning.

Coach to Pupil Ratio: 1:6

CARDIO TENNIS

A group tennis and fitness class, where the emphasis is less on tennis technique and more about getting a great workout. It's perfect for adults of any age/tennis skill level.

Coach to Pupil Ratio: 1:6

THURSDAY SINGLES FIXTURES

The Thursday Singles Fixtures are a perfect way to maintain your competitive tennis edge! The program offers 2 hours of uninterrupted match play, with a 3 set format. The competition is suitable for players of all levels.

WEDNESDAY OPEN FIXTURES

Looking to get back into tennis?? Then you should join our Wednesday Open Fixtures program! Wednesday Open Fixtures is open to both men and women of any standard who enjoy playing singles and doubles.



WHERE ARE YOU ON OUR PROGRAM PATHWAY?

Not sure? Have a chat to our coaches or Pro Shop staff today!