

# **ADULT TENNIS COACHING**

**Beginners, Intermediates & Rusty Rackets, Ladies & Gents**

**TUESDAY EVENING 6PM – 7PM**

Sessions run for 8 weeks from **September 6<sup>th</sup>** through to **October 25<sup>th</sup>**

IF YOU ARE INTERESTED PLEASE CONTACT THE CLUB OR JUST TURN UP  
ON THE NIGHT (£3 per session for members & £4 for non-members for a limited time)

Michael on 07734 073397 or email [tennis@dumfriessportsclub.co.uk](mailto:tennis@dumfriessportsclub.co.uk)



**1**



**2**



**3**

IT'S IMPORTANT TO KEEP THE  
RACKET HEAD WELL ABOVE THE WRIST AND  
THE RACKET FACE SLIGHTLY OPEN