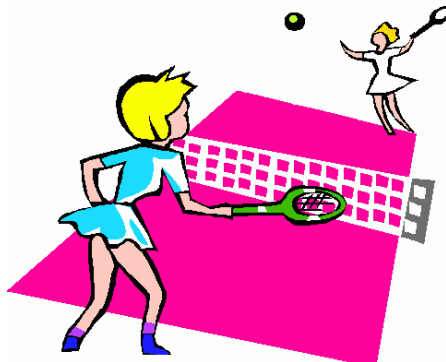


extreme tennis



TERM 4 LADIES PROGRAM

Wednesdays @ Upwey South 9.30-11.30am

Want flexibility? WEEKLY OR CASUALLY..... the choice is yours!

FORMAT A - CARDIO/MATCHPLAY	DATES:
<ul style="list-style-type: none"> ● 1 hour of cardio workout ● 1 hour of match play 	<p>Week 1 – 29th January Week 4 – 19th February Week 7 – 11th March</p>
FORMAT B – LADIES CLINIC	DATES:
<ul style="list-style-type: none"> ● 1 hour of technique ● 1 hour of match play 	<p>Week 2 – 5th February (Groundstrokes) Week 5 – 26th February (Serving) Week 8 – 18th March (Net play)</p>
FORMAT C – TOURNAMENT	DATES:
<ul style="list-style-type: none"> ● 3 sets of tennis ● 4 ladies per section/grade 	<p>Week 3 – 12th February Week 6 – 4th March Week 9 – 25th March</p>

Cost if 9 week "block" is booked - \$180.00 (GST incl)
 Cost per week for casual bookings - \$25.00 per session (GST incl)



For bookings and enquiries contact - Stuart or Diana Sutterby

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Wilson