

DTL Tennis



DOWN THE LINE
Tennis Coaching

**Term 3 Programs, Times
& Information**



@dtltenniscoaching



DTL Tennis





Blue Stage (30 mins)

Monday - 9:30am

Thursday - 4pm

The Launch Pad stage introduces children to tennis through games and fun activities. Children learn the basics of tennis including how to rally. This stage really helps children develop their fundamental motor skills; throw, run, catch, jump, striking and most importantly, tracking. This is a great way for kids to start tennis and have fun



Red Stage (30 mins)

**Red 1 (Ages 5/6)
Beginners**

Monday - 4:45pm

Wednesday - 4pm

**Red 2 (Ages 6/7/8)
Intermediate**

Monday - 4pm

Wednesday - 4:45pm

The Red stage is for beginners. The red ball is larger than a yellow ball and doesn't bounce as high (just 25 per cent compression), making it a breeze for even the youngest players to hit it comfortably. The courts and nets used in the Red stage are much smaller and easier for kids to move around.



Orange Stage (45 mins)

Monday - 5:30pm

Wednesday - 5:30pm

After mastering the Red stage, children move on to the Orange stage where the ball bounces a little higher (50 per cent compression) and the court is a bit bigger. Kids continue to develop their skills in a modified tennis environment while having a great time.



Green Stage (60 mins)

Wednesday - 6 30pm

The ball used in the Green stage has a higher compression (75 per cent of a yellow tennis ball) and children play on a full-size court.

Red, Orange and Green Ball Match Play Information

Red Ball Match Play

Court size 11m x 5.5m wide for singles and doubles.

Net height 67-80cm.

Ball The Red ball is to be used

(which is 25% compression of a full compression Yellow ball)

The reduced court size, lowered net and use of the Red ball is fundamental to offer every child

the opportunity to play an all court game and enjoy the sport regardless of their age and ability

Orange Ball Match Play

Court size 18.29m long x 6.4m wide for singles.

18.29m long x 8.22m wide for doubles.

Net height Lowered to 80cm.

Ball The Orange ball is to be used (which is 50% compression of a full compression Yellow ball).

The reduced court size, lowered net and use of the Orange ball is fundamental to offer every child the opportunity to play an all court game and enjoy the sport regardless of their age and ability

Green Ball Match Play

Court size Traditional full size court.

Net height Standard net height.

Ball The Green ball is to be used (which is 75% compression of a full compression Yellow ball)

Red Ball / Orange Ball Match Play (60 mins)

Thursday - 5pm





Fitbit Cardio Tennis (60 mins)

Thursday - 6:30pm

Music is a great motivator and creates a fun atmosphere to workout too. Cardio Tennis is a fun, tennis-based group fitness program open to people of all ages, abilities and fitness levels which is set to music. Only one workout a week needed to leave you feeling fitter than ever.

Squads

Details coming Soon

Squads :

Squad sessions primary role is to focus on tactical awareness, decision making, routines, set plays, mental application and fitness.

Private / Semi Private Lessons

**Need to contact DTL Tennis
to book a day and time
0421 961 828 or
Email: dtltc@outlook.com.au**

Private / Semi-Private Coaching :

Private / Semi Private tennis lessons are suited to all players & are recommended for those looking to accelerate their development. 30, 45 & 60min length sessions available.

Adult Group Coaching

Monday 6:30pm

Adult Group Coaching :

All group coaching incorporates technique, tactical drills and match play on court in a 60 minute session.

Term 3 DTL Tennis Programs & Costs



Full Term - \$100
(10 weeks)

Half Term - \$55
(5 weeks)

Per Lesson - \$12

Full Term - \$100
1 lesson per week
or \$150 for 2
lessons per week
(10 weeks)

Per Lesson - \$12

Full Term - \$120
1 lesson per week
or \$180 for 2
lessons per week
(10 weeks)

Per Lesson - \$15

Full Term - \$150
(10 weeks)

Per Lesson - \$18

**ANZ Tennis Hot
Shots Match Play
(10 weeks)**

Red Ball

\$100 (match play only)
\$50 - 1 lesson players
Free - 2 lesson players

Orange Ball

\$100 (match play only)
\$50 - 1 lesson players
Free - 2 lesson players



DTL / NTC

Members -

\$10 per workout

Non Members -

\$15 per workout

**Private / Semi Private
Lessons**

Private Lessons:

DTL Tennis & NTC

Members - \$25 (30 mins) - \$40 (1 hour)

Non Members - \$30 (30 mins) - \$50 (1 hour)

Semi Private Lessons:

Members - \$15 (30 mins) - \$25 (1 hour)

Non Members - \$20 (30 mins) - \$30 (1 hour)



Contact DTL Tennis: 0421961828 or email: dtltc@outlook.com.au