

PARISH COURTS Adult Programs

BEGINNER ADULT COACHING

Our adult program is a blend of coaching and social play. It is suitable for adults interested in trying out the tennis program or regular social players. The Beginner program is for players with limited or no tennis experience to learn basic skills and techniques.



INTERMEDIATE ADULT COACHING

Aimed at players who have mastered all the basic skills and techniques.

Duration: 60 minutes | \$15/lesson | Group of 6 – 8 adults | Parish Courts

Beginner Adult Coaching
Saturday 7.30am – 8.30am & Wednesday 9.15am – 10.15am
Intermediate Adult Coaching
Saturday 7.30am – 8.30am & Wednesday 9.15am – 10.15am

CARDIO TENNIS

Our Cardio Tennis program is designed to suit both beginners and high advanced players. It is an hour long fitness workout to music both men and women burn up to 800 calories.

Duration: 60 minutes | \$15/lesson | Parish Courts

Cardio Tennis
Wednesday 6.00am – 7.00am
Wednesday 6.00pm – 7.00pm
Saturday 6.00am – 7.00am

FAST4 FIXTURES

Fast4 Tennis's format is specifically aimed at speeding up the game of tennis, with less breaks in play and some rules tweaked to speed up play. This new formula will allow to you to play team-based competition tennis. This has been designed encourage high standards of competition play

Duration: 2 hours | \$15/lesson | Parish Courts

Fast4 Fixtures
Saturday 2.00pm – 4.00pm

How do I apply?

- 1 SELECT THE PROGRAM YOU WANT TO PARTICIPATE:** Search for the program you are interested either on this guide or on Scorpion's website
- 2 APPLY:** Send your enquiry to info@scorpiontennis.net with your full name, DOB, mobile phone and the program you are interested. We need to know any medical issues that your child might have.
- 3 ACCEPT OFFER:** Once we finish assessing your application, we will send you an offer together with an invoice. You will be allocated in an appropriate class.
- 4 MAKE A PAYMENT:** All students are required to pay all compulsory fees before the due date shown on an invoice. Bank transfer is the preferred method.
- 5 BEGIN YOUR SCORPION JOURNEY:** Scorpion International Tennis will provide all necessary assistances for you during this amazing experience.

*We also require parent's name for students that are less than 18 years old.



For further information and bookings:

info@scorpiontennis.net

www.scorpiontennis.net

facebook.com/scorpiontennis

Centenary SHS: Curragundi Rd, Jindalee

Parish Courts: Yallambee Road, Jindalee

0418 875 913



SCORPION

•• INTERNATIONAL TENNIS ••

2016 TENNIS PROGRAMS

Jindalee



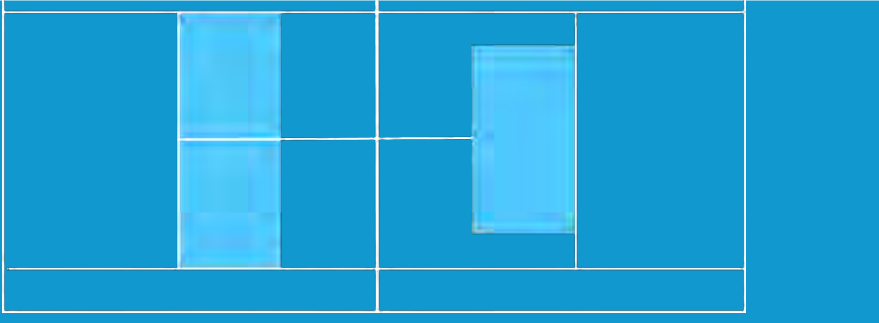
PARISH COURTS

Scorpion Hotshots

BLUE HOTSHOTS

4-6 years+

Players will develop Fundamental and Perceptual Motor Skills (FPMS). They include Locomotor, Balance Skills and Ball Skills. They will also learn simple balance, swing patterns, basic racquet and ball skills.



Duration: 45 minutes
\$190/term (10 lessons)
Group of 4 to 6

Parish Courts

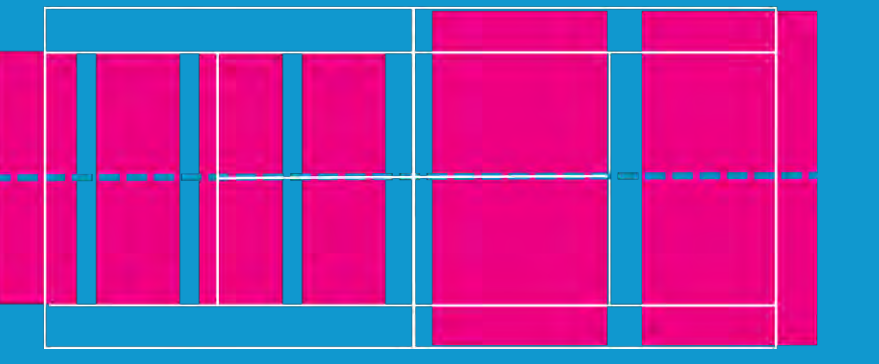
Sat 8.00am – 8.45am
Wed 3.30pm – 4.15pm

Court Size: variable
Tennis ball: red ball
Racquet size: 19-25 inches

RED HOTSHOTS

5-7 years+

Players will develop basic stokes including forehand, backhand, volley and serve. They will continue to refine their rally skills through throwing, hitting and catching. Red Hotshots players, after finishing this level, will able to score and understand the rules of the game.



Duration: 60 minutes
\$210/term (10 lessons)
Group of 4 to 6

Parish Courts

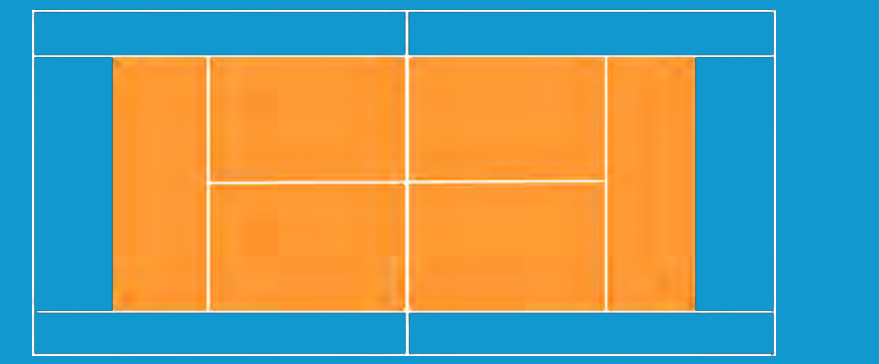
Sat 8.00am – 9.00am
Wed 3.30pm – 4.30pm

Court Size: variable
Tennis ball: normal ball
Racquet size: 21-25 inches

ORANGE HOTSHOTS

6-8 years+

Players after completing this level, will have proper contact and control of the ball. They will continue refining their strokes, grips and contact points. They will also develop their shapes including the use of spin.



Duration: 60 minutes
\$210/term (10 lessons)
Group of 4 to 6

Parish Courts

Sat 8.00am – 9.00am
Wed 3.30pm – 4.30pm

Court Size: full size
Tennis ball: normal ball
Racquet size: 23-27 inches

CENTENARY SHS

Coaching Programs



INTERMEDIATE COACHING

Aimed at players who can rally the ball over the net, have good swing shapes, good rotation and use of both arms. Players should join our Junior Fixtures program once they can play points.

ADVANCED COACHING

Aimed at players who can consistently rally the ball over the net. They should serve well and play points on a full-size court. In these classes, players will refine their movements and swing shapes, including the use of spin. They will develop their stroke shapes and tactical awareness on the opponents. Players at this level are recommended to join the Junior Fixtures program. This will allow them to practice what they have learnt during coaching lessons.

Duration: 60 minutes | \$210/term – Group of 6 to 8 | Centenary SHS
Intermediate: Sat 8.00am – 9.00am | Advanced: Sat 8.00am – 9.00am

SQUAD INTERMEDIATE

Players should have good and full control over movement to, from and around the ball. In these classes, they will develop coordinated use of all parts of the body. They will continue refining their serve techniques. It is designed to be highly intensive and competitive.

SQUAD ADVANCED

Players should have effective swing shapes with excellent use of spin and good footwork patterns. In these classes, they will continue to develop their footwork and physical skills suitable for tennis. They will work on speed, fitness, agility and plyometrics. This is an invitational (by coach selection only) 90-minute for tournament tennis players. It is recommended that students who are interested in enhancing their tennis ambition to participate in Squad Fixtures program in conjunction with their Squad training classes.

Duration: 90 minutes | \$330/term – Group of 6 to 8 | Centenary SHS
Squad Intermediate: Sat 7.30am – 9.00am
Squad Advanced: Sat 7.30am – 9.00am

JUNIOR BEGINNER FIXTURES

Junior Beginner Fixtures program allows students to practice what they have learnt during coaching lessons with their peers. It employs a friendly, non-competitive approach and is a building block and gradual introduction to the enjoyment of the game.

ADVANCED FIXTURES

Intermediate Fixtures program is for students who understand all the basics techniques in tennis. This program is competitive, enabling them to enjoy the total game with little supervision while managing their own courts.

Duration: 120 minutes | \$150/term (10 lessons) | Centenary SHS
Junior Beginner Fixtures: Sat 9.00am – 11.00am
Advanced Fixtures: Sat 9.00am – 11.00am

SQUAD FIXTURES

Aimed at tournament, high-performance level players. The program is designed to be highly intensive and competitive. It is recommended that students who are interested in enhancing their tennis ambition to participate this program along with their Squad training classes.

Duration: 120 minutes | \$150/term (10 lessons) | Centenary SHS
Squad Fixtures: Sat 9.00am – 11.00am