

ADULT CLINICS – SENIOR SCHOOL

We are pleased to offer beginner, intermediate/advanced and cardio clinics at Senior School, Mandalong Rd, Mosman.

Run by our team of enthusiastic coaches, our clinics consist of a warmup followed by drills and match play designed to improve your game and fitness. Players are given helpful tips by our coaches throughout the clinic to improve technique.

Our clinics are flexible, so you do not have to commit to an entire term or a particular day and time. You can play as often as you like when convenient for you.

Bookings for the Senior School clinics are strictly limited and must be made in advance. Please see the schedule and the link below to book online. For information on these clinics and our clinics at Queenwood Tennis Centre, Oxford Falls call 9452 2298 or send us an [email](#).

Clinic Schedule – Senior School (Advanced bookings - online only)

Adult Beginner

Monday, Wednesday & Friday

8:30am – 10:00am

\$35 per session

Limit: 4 players

Adult Intermediate/Advanced

Monday, Wednesday & Friday

10:00am – 11:30am

\$35 per session

Limit: 4 players

Cardio Tennis (Fitness)

Friday

11:30am – 12:00pm

\$30 per session

Limit: 6 players

Cardio Play (Hitting Squad)

Monday & Wednesday

11:30am – 12:00pm

\$30 per session

Limit: 4 players

Advanced bookings are essential and can be made online by [clicking here](#).