



## BENDIGO TENNIS COACHING

Jack Baker Ph. 0437 900 824  
Tennis Australia Accredited Coach

All ages, All abilities

### Jack Baker

### Club Professional

*Coaching is holistic. It is in our view, that by integrating a Traditional and Game Based Approach (GBA) the experience of being coached is heightened for the beginner student right up to the elite athlete.*

*For all bookings please contact  
Jack Baker on 0437 900 824*

#### Wilson Mr Pee Wee (5-7yo)

- ✚ Low pressure balls and modified rackets and courts make this program ideal for this age group
- ✚ Focuses on skills in:
  - Beginning tennis
  - Hand-eye coordination
  - Building confidence and having fun!
- ✚ Includes a Mr Pee Wee tennis racket and cap
- ✚ Sessions run for 30 mins with a 4:1 ratio
- ✚ Class times Monday, Tuesday, Wednesday, Thursday, Friday all at 4-

4:30pm or Saturday 9:30-10am and 10-10:30am

- ✚ Cost: \$90 for an 8 week term

#### Little Masters (7-10yo)

- ✚ Focuses on skills in:
  - All strokes of tennis
  - Developing good technique through activities and match play scenarios
- ✚ Sessions run for 45 mins with a 4:1 ratio
- ✚ Class times: Mon, Tue, Wed, Thurs, Fri: 4:30-5:15pm; or Saturday 10:30-11:15am
- ✚ Cost: \$90 for an 8 week term

#### Masters (10-13yo)

- ✚ Focuses on skills in:
  - Continuing to develop good technique through activities and match play
  - Working on tactics and game day scenarios
  - Fitness component to all lessons
- ✚ Designed for Juniors with basic competition experience
- ✚ Sessions run for 45 mins with a 4:1 ratio
- ✚ Class times: Mon, Tue, Wed, Thurs, Fri 5:15-6pm or Sat 11:15-12pm
- ✚ Cost: \$90 for an 8 week term

#### Advanced Masters

- ✚ For children of a high competition playing standard
- ✚ Focuses on skills in:

- Match play scenarios
- Tactics and game day/tournament preparation
- Fitness component to all lessons

- ✚ Sessions run for 45 mins with a 4:1 ratio
- ✚ Class times: Tue or Wed 6-6:45pm
- ✚ Cost: \$90 for an 8 week term

#### Private Lessons

- ✚ Lessons are tailored to the individual
- ✚ Taken singularly or in a group of 2 to 4
- ✚ Times by appointment to suit individual needs
- ✚ Cost: \$30 per half hour or \$50 per hour
- ✚ Payments made are for an 8 week block

*All lessons are conducted in a safe and a positive environment that is conducive to fun and learning.*

*Each program is designed to gradually develop the skills and knowledge of students of all ages and abilities.*