



St Andrews  
Tennis Club  
Brighton  
CELEBRATING OVER 100 YEARS

# 2026

## COACHING SCHEDULE



### HOT SHOTS PROGRAM

Program	Ages	Days/Times	9 Week Term
Hot Shots Red	4-7 yrs	Mon-Fri 4.00pm & Sat 8.00am	\$270.00 (45 minutes)
Hot Shots Orange	7-9 yrs	Mon-Fri 4.00pm & Sat 8.30am	\$270.00 (45 minutes)
Hot Shots Green	9-11 yrs	Mon-Fri 4.00pm & Sat 9.15am	\$337.50 (60 minutes)

### JUNIOR DEVELOPMENT SQUADS/BAYSIDE

Program	Ages	Days/Times	9 Week Term	2 sessions
Junior Group	11-16 yrs	Tues & Thurs 5.00pm	\$337.50 (60 minutes)	NA
Junior Squad	11-18 yrs	Mon & Wed 5.00pm	\$450.00 (90 minutes)	\$787.50

### ADULT GROUPS/CARDIO

Program	Days/Times	9 Week Term	Casual per Week
Adult Group	Tues & Thurs 7.00pm	\$337.50	\$42.50
Cardio	Mon & Wed 6.00pm Mon-Fri 9am & 2.15pm	\$292.50	\$37.50

### PRIVATE LESSONS AND INDIVIDUALISED TRAINING

Program	30 minutes	45 minutes	60 minutes
One on One	\$70.00	\$95.00	\$115.00
Two on One	\$42.50pp	\$55.00pp	\$67.50pp
Three on One	\$37.50pp	\$47.50pp	\$55.00pp
Four on One	\$35.00pp	\$42.00pp	\$47.50pp

#### PROGRAM INFORMATION

##### HOT SHOTS

An introductory program for children aged 5-11 yrs using modified courts and equipment in a fun and supportive environment.

##### JUNIOR GROUPS / BAYSIDE DEVELOPMENT SQUAD

Junior Group is the next stage above Hot Shots Green Ball, aimed at beginner to intermediate students aged 11-16 years.

Bayside Development squads are for players competing in junior competition on a Saturday and Sunday.

##### ADULT GROUP

A combination of drills and match play.

##### CARDIO TENNIS

A high-energy group workout for all skill levels. Fast-paced drills, full-body fitness session.

##### PRIVATE LESSONS AND INDIVIDUAL TRAINING

Pricing is for term bookings (normally between 9-11 weeks aligned with school terms) for private lessons. These lessons are billed at the beginning of each term.

Coaching enquiries: Ronan McGrann  
[coaching@rsyltc.org.au](mailto:coaching@rsyltc.org.au) | [www.standrewstennis.org.au](http://www.standrewstennis.org.au)