



st andrews tennis

St Andrew's Tennis Club Brighton

Adult Lessons

Coaching Schedule Adult Lessons: Term 1, 2 February - 2 April 2026

Adult Squads

- Structured, high-energy group training
- Improve technical skills, tactical understanding, fitness, and match-play confidence
- Tuesday and Thursday 6.30-8.00pm

Cardio Group Sessions

- A fun, fast-paced group fitness session that combines tennis drills with heart-pumping cardio workouts
- Focus on movement, energy, through rally-based drills, feeding drills, footwork patterns, and high-intensity games set to upbeat music
- All skill levels
- Monday and Wednesday 6.00-7.00pm
- Monday to Friday 9.00-10.00am, 2.00-3.00pm

**Learn more on
our website**



Enquiries

- ronanmcgrann@rsyltc.org.au
- +61 3 9829 1526
- www.standrewstennis.org.au

*Please be aware the coaching schedule is subject to change.