



**BEN OBONG**  
TENNIS ACADEMY

# ADULTS

## Cardio Sessions

Cardio Tennis is a fun, sociable group fitness class set on a tennis court. You'll get to hit lots of balls during the class and have a great cardio workout.

## Team Practice

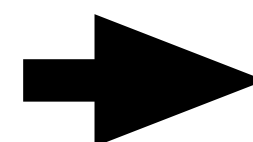
These sessions are based around improving your doubles game 'tactically' & 'technically' through drills and matchplay.

## Rusty Rackets

If you're new to tennis or would like to improve your skills with similar level players, then these sessions will be the perfect way to start. Usually over a 5/6week term working on various strokes played and also some tips on the game of doubles.

**\*Sessions will be cancelled if numbers are low**

**To book onto any of our sessions, please go to Ben's LTA Clubspark website to reserve your space**



**Aughton Lawn Tennis Club**  
a tennis club for everyone

Adult Timetable	Time	Session	Ability	Price/Per session	Coach
Monday	6-7pm	Cardio	All	£9/hr	Ben
Monday	6:30-8:30pm	League Team Practice	Southport Mixed 2nd Team	N/A	Ben
Monday	7-9pm	League Team Practice	Southport Mixed 1st Team	N/A	Ben
Tuesday	7-9pm	League Team Practice	Liverpool Men's 1st Team	N/A	Ben
Wednesday	6-7pm	Rusty Rackets	Beginners/Improvers	£9/hr	Guy
Thursday	10-11am	Cardio	All	£9/hr	Ben
Thursday	7-9pm	League Team Practice	Liverpool Men's 3rd & 2nd Team	N/A	Non
Thursday	7-9	League Team Practice	Ladies 1st/2nd Team	N/A	Guy
Saturday	2-4pm	League Team Practice	Ladies 1st/2nd Team	N/A	Ben

**Non Adult Members would have to pay £5 per visit for any club session they take part in. To enquire about membership, you can visit...**

*<http://www.aughtonlawntennisclub.co.uk/how-to-join/>*

**Email: [benjaminobong@icloud.com](mailto:benjaminobong@icloud.com)**

**Mob: 07871908187**

**Website: <https://clubspark.lta.org.uk/BenjaminObongCoaching>**