



Centennial Parklands
SPORTS CENTRE

CPSC Adult Beginner Improver Orientation

Welcome to Beginner Improver Lessons at Centennial Parklands Sports Centre

Our Beginner Improver adult group tennis lessons are designed for players who have completed at least three terms of Beginner classes or who are not yet ready to move into Low Intermediate. This course focuses on consolidating the fundamentals while introducing more advanced skills such as rally consistency, directional control, and basic match play tactics. With up to 6 players in each group, you'll receive targeted coaching to strengthen your technique, build confidence, and prepare for the next level. If you're looking for the perfect step between Beginner and Low Intermediate, then the beginner improver is for you!

Where are the Centennial Parklands Sports Centre tennis courts?

Our 11 tennis courts (9 synthetic grass, 2 hardcourt) are located across the road from The Entertainment Quarter.

What to bring...

An adult-sized tennis racquet (27 inches). Running shoes will work—though they do not offer the best support for lateral movement.

What you can expect...

Tennis is a skill-heavy sport, so our sessions are designed to ensure you receive a balance between the required technical instruction and the opportunity for play. Our coaches will guide you through the fundamental strokes, which are comprised of: Forehand, Backhand, Forehand Volley, Backhand Volley, Overhead, and Serve. Sessions are divided into a technical portion where coaches will instruct you on the stroke of the week and a play-oriented portion where you will get the opportunity to test out these strokes in game and point situations.

By the end of this term...

By the end of this term, players will be able to rally consistently from the baseline with improved control and confidence, direct the ball with purpose both cross-court and down the line, and maintain cooperative rallies with a partner. They will develop a more reliable serve to start points, improved net play including controlled volleys, and a clear understanding of basic singles and doubles match-play tactics. Players will also feel confident keeping score, playing structured points, and progressing toward the Low Intermediate level.



Centennial Parklands
SPORTS CENTRE

What if it's raining?

You will receive an SMS from the CPSC team if your lesson has been cancelled at least an hour before its scheduled start time. (Unless your class is in our earliest timeslot on Saturday—in that case we will endeavour to send you a message 30 minutes before your start time.) For this reason, please ensure that your mobile phone number is entered correctly on your user profile. If you do not hear from us, assume that the lesson is on.