



Centennial Parklands  
SPORTS CENTRE

## CPSC Adult Low Intermediate Orientation

### Welcome to Low Intermediate Lessons at Centennial Parklands Sports Centre

You are taking the next steps toward honing your skills as a tennis player. Our Low Intermediate Tennis Lessons are designed for players who have been through at least one (1) CPSC Adult Beginner course, have been cleared to move up by a CPSC coach, or have some playing experience (you should be able to sustain a rally of at least 5–7 shots using both groundstrokes).

### 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). Wear comfortable, athletic gear, and tennis shoes if you have them. 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. As this is a progressed version of our Beginner Improver class, there will be more opportunities for rallying and play.

### By the end of this term...

You should be improving your fundamental tennis strokes. You should also feel more confident holding rallies, serving, and playing up at the net. As each player progresses at their own pace, you may or not be able to recreate these strokes under game and point situations—though attempting them under rally or score pressure is vital for your development.



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The more you practise, the quicker you will improve! We encourage you to practise outside of lessons with friends, family, and players in your group. Players progress to Adult Intermediate Group Lessons after approximately three to four terms of Adult Low Intermediate Group Lessons—depending on their competency.

### **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.