



Tennis lessons with Elaina Forland

Private and group coaching for both members and non members of Harrow Town Tennis Club

Adults and juniors of all levels

Hi, my name is Elaina Forland. I am a fully qualified and Licensed LTA tennis coach (LTA Coach code CO 028718). I have a level 3 coaching qualification (DCA), am fully insured, CRB checked and trained in first aid (all current).

I am passionate about my coaching and seeing my players improve. I can help in all aspects of the game including technical to tactical areas and fitness too! When it comes to my juniors, I believe in a holistic approach covering mental as well as physical growth, helping them develop their awareness so that they can be responsible for their own development both on and off the court. I have had a number of juniors go on to represent their schools, clubs, county and even their country!

Private lessons can be arranged at a mutually convenient time by calling or e-mailing me, and can be taken individually or in your own group. £25 per hour

Scheduled group coaching sessions are also available, and new ones are being added throughout the summer.

Junior holiday crash courses now available!

For further information call 07789961142 or e-mail elainashaina@hotmail.co.uk