

# Lessons



*Optimize your game by taking lessons.*

Lesson(s)	Type	Cost
1	Private (1)	\$70
5 (Package)	Private (1)	\$65 / lesson
1	Semi-Private (2)	\$45 / player
5 (Package)	Semi-Private (2)	\$40 / player per lesson
1	Group (3)	\$40 / player per lesson
5 (Package)	Group (3)	\$33 / player per lesson
1	Group (4)	\$35 / player per lesson
5 (Package)	Group (4)	\$25 / player per lesson

SeanCoaching.com Revised 2021



**SEAN FOWLER**

**Tennis Head Pro**

**Craig Henry Tennis Club**

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**Spring/Summer/Fall 2021**

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**SeanCoaching.com**

# Tennis Ball Machine

Unfortunately, the Tennis Ball Machine will NOT BE AVAILABLE for rental this year because of the restrictions dictated by the COVID-19 pandemic.

Hour(s)	Type	Price
.5	Private Rental	\$20
1	Private Rental	\$35
5	Private Rental	\$150

## Benefits of using a ball machine:

- high repetition of a particular stroke
- consistent feed
- no pressure to return to a partner
- ability to practise on your own

## Best way to improve my game?

- weekly lessons in combination with renting the ball machine
- using the ball machine to practise the skill learned

# Head Pro SEAN FOWLER

## MEET SEAN

Sean is a Tennis Canada Club Pro 2 certified coach and has over 19 years coaching experience.

He is fluently bilingual (English and French) and coaches adults and children of all ages and levels from beginner to novice to experienced players. By using a combination of visual, kinesthetic and auditory teaching techniques, Sean caters to all learning styles, abilities and interest.

Key components of Sean's coaching are making your experience both enjoyable and rewarding. Tennis is a technical sport and Sean is able to break down complicated concepts into manageable pieces to improve on certain aspects of your game. He loves what he does and this enthusiasm shows through on and off the court.



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