

Coaching

Optima's coaching programmes is based at Lymm Tennis Club, Brookfield Road in Lymm Cheshire. Individual or group lessons are available monday to Saturday.

We aim to create a disciplined environment that encourages fun, fair play and competition. A Directive approach combined with Guided Discovery techniques facilitate good learning retention & allows players to develop organically, at a pace that they are comfortable with.

Coaching is Games Based where technique is taught in a tactical context. Children especially, benefit from this structured approach that promotes self-discovery through carefully selected drills and games. Go to the 'Junior Coaching' link above for more information on the coaching schedule, tournaments, Club Night & Holiday Camps.

Most of the sessions are for children aged between four & sixteen but adults are also well catered for. There are sessions for all abilities, five days a week. The groups are up to a maximum of twelve & it's important that you book in advance online for these sessions as they are often over subscribed. To book online go to the link under 'Booking' on the main menu at the top of this page or pick a date from the menu at the right of this page & follow it. Click on 'Senior Coaching' on this Coaching main menu for more details. Individual Lessons All private lessons must be booked through Optima, via the 'Contact Us' page on this website or by phone. The lessons can be an hour or 1/2 an hour in duration. There are three coaches available: Steve Garbutt 1:1 - £36.00 per hour Steve Garbutt 1:2 - £38.00 per hour Steve Garbutt 1:3 - £40.00 per hour Steve Garbutt 1:4 - £42.00 per hour For more information about the coaches please go to 'About optima'. For Booking & Discount information please refer to the 'Booking' link at the top of this page.