

UNDER 5s



5-8 YEARS



9 YEARS



NURSERY

Tuesday

11:00am-11:50am Little Hitters (Craig)

1:00pm-1:50pm Little Hitters (Craig)

Thursday

1:00pm-1:50pm Little Hitters (Craig)

Friday

11:00am-11:50am Little Hitters (Craig)

1:00pm-1:50pm Little Hitters (Craig)



Tennis Coaching

Back to School

Programme

2018



RED BALL CLASSES

Tuesday

4:00pm-5:00pm P1 & P2 Squad (Craig)

6:30pm-7:30pm Boys Squad (Craig)

Wednesday

4:00pm-5:00pm P1 & P2 (Craig)

5:00pm-6:00pm P3 & P4 (Craig)

6:00pm-7:00pm Invitational (Mark)

Thursday

4:00pm-5:00pm Intermediate (Craig)

Friday

4:00pm-5:00pm Girls Squad (Craig)

Saturday



1:00pm-1:45pm P1 (Craig)

1:45pm-2:30pm P2 (Craig)

2:30pm-3:15pm P3 (Craig)

3:15pm-4:00pm P4 (Craig)

4:00pm-5:00pm Invitational (Craig)

Sunday



2:00pm-3:00pm Matchplay (Mark)

ORANGE BALL CLASSES

Monday

4:00pm-5:30pm Boys Squad (Mark)

Wednesday

6:00pm-7:00pm Club Squad (Craig)

Thursday

4:00pm-5:30pm Performance (Mark)

Friday

4:00pm-5:00pm Girls Squad (Craig)

Sunday



1:00pm-2:00pm Orange Squad (Mark)

2:00pm-3:00pm Matchplay (Mark)



# 10-11 YEARS

## GREEN BALL CLASSES

### Wednesday

4:00pm-5:00pm **Beginner (Daniel)**

7:00pm-8:00pm **Intermediate (Craig)**

### Thursday

4:00pm-5:30pm **Performance (Daniel)**

### Friday

4:00pm-5:00pm **Girls Squad (Craig)**

### Sunday



2:00pm-3:00pm **Matchplay (Mark)**

3:00pm-4:00pm **Green Squad (Mark)**

# 12+ YEARS

## YELLOW BALL CLASSES

### Monday

5:30pm-7:00pm **Performance (Mark)**

### Tuesday

5:00pm-6:30pm **Intermediate (Craig)**

### Wednesday

4:00pm-6:00pm **Junior Team Training (Mark)**

5:00pm-6:00pm **Yellow Ball Squad (Daniel)**

### Thursday

5:30pm-7:00pm **Club Squad (Craig)**

5:30pm-7:00pm **Under 12 Performance (Mark)**

7:00pm-8:00pm **Junior Elite (Mark)**

### Friday

4:00pm-5:30pm **Girls Elite (Mark)**

5:00pm-6:00pm **Girls Squad (Craig)**

5:30pm-7:00pm **Boys Elite (Mark)**

6:00pm-8:00pm **Matchplay (Craig)**

### Sunday



4:00pm-5:00pm **Yellow Squad (Mark)**

5:00pm-6:00pm **Junior Cardio (Mark)**

# ADULT

## OTHER CLASSES

### Monday



7:00pm-8:00pm **New to Tennis (Mark)**

8:00pm-9:00pm **Cardio (Mark)**

### Tuesday



10.00am-11.00am **Ladies Tennis Tuesdays (Mark)**

7:00pm-8:00pm **Team Training (Mark)**

8:00pm-9:00pm **Cardio (Craig)**

### Thursday



7:00pm-8:00pm **Beginner (Craig)**

8:00pm-9:00pm **Intermediate (Mark)**

### Friday



9:30am-10:30am **Cardio (Craig)**

10:30am-11.30am **Ladies Daytime Social (Mark)**