

Coaching Programme

Red Tennis Stage (4-8yrs)

Mini Tennis Red	4-8yrs	Monday	17:15-18:15
Mini Tennis Red	4-8yrs	Wednesday	17:30-18:30
Mini Tennis Red	4-8yrs	Thursday	17:15-18:15
Mini Tennis Red	4-8yrs	Saturday	09:00-10:00

Orange Tennis Stage (9-10yrs)

Mini Orange Improvers	9-10yrs	Thursday	17:15-18:15
Mini Orange Improver	9-10yrs	Saturday	10:00-11:00

Green Tennis Stage (10-11yrs)

Mini Tennis Green	10-11yrs	Monday	18:15-19:15
Mini Tennis Green	10-11yrs	Thursday	18:15-19:15

Junior Squads (11yrs+)

Green/Junior Group	11-16yrs	Saturday	09:00-10:00
Mixed Junior Squad	11-16yrs	Saturday	11:00-12:30

Adult Coaching

Adult Cardio Drills	Monday	19:15-20:15
Adult Beginner / Intermediate	Saturday	10:00-11:00
Adult Beginner/Intermediate	Saturday	11:00-12:00