

Adult Weekly Programme

MONDAY

TIME	SESSION	LEVEL	COACH
9.30-10.30am	*Cardio Tennis*	All abilities	Dan
10.30-11.30am	*Doubles Drills*	Improver/Intermediate	Caitlin
10.30am-Midday	*Coaching/Match Play*	Improver/Intermediate	Dan
5.00-8.00pm	Mens Night	Intermediate/Advanced	N/A

TUESDAY

TIME	SESSION	LEVEL	COACH
9.00-11.00am	Ladies Morning	Improver to Advanced	N/A
10.00-11.00am	*Improvers*	Improver	Dan
11.00am-Midday	*Baskets*	All abilities	Dan

WEDNESDAY

TIME	SESSION	LEVEL	COACH
10.30am-Midday	*Coaching/Match Play*	Improver/Intermediate	Dan
Midday-2.00pm	Rusty Rackets	Improver/Intermediate	N/A
5.00-8.00pm	Club Mix In	Intermediate/Advanced	N/A
6.30-7.30pm	*Beginners/Improvers*	Beginners/Improvers	Dan

THURSDAY

TIME	SESSION	LEVEL	COACH
9.30-10.30am	*Tennis Drills*	Improver/Intermediate	Caitlin
10.30am-Midday	*Coaching/Match Play*	Improver/Intermediate	Caitlin
6.00-7.00pm	*Tennis Drills*	Improver/Intermediate	Caitlin

FRIDAY

TIME	SESSION	LEVEL	COACH
10.00-11.00am	*Doubles Drills*	Improver/Intermediate	Caitlin

SATURDAY

TIME	SESSION	LEVEL	COACH
9.00-10.00am	*Beginners/Improvers*	Beginner/Improver	Caitlin
10.00-11.00am	*Beginners*	Beginner	Caitlin
Midday-2.00pm	Rusty Rackets	Improver/Intermediate	N/A
2.00-5.00pm	Club Mix In	Intermediate/Advanced	N/A



DAN COACHING



CAITLIN COACHING