Junior Weekly Programme

MONDAY

TIME	SESSION	LEVEL / AGE GROUP	COACH
4.00pm-5.00pm	Red	5-8 years old	Dan
5.00pm-6.00pm	Orange	8-9 years old	Dan
6.00pm-7.00pm	Green/Yellow Ball	10-12 years old	Dan
7.00pm-8.00pm	Yellow Ball	12 years +	Dan

TUESDAY

TIME	SESSION	LEVEL / AGE GROUP	COACH
3.45pm-4.30pm	Red	5-8 years old	Dan

WEDNESDAY

TIME	SESSION	LEVEL / AGE GROUP	COACH
4.30pm-5.30pm	Red Invitational Squad	6-8 years old	Dan
5.30pm-6.30pm	Orange Invitational Squad	8-9 years old	Dan

SATURDAY

TIME	SESSION	LEVEL / AGE GROUP	COACH
9.00am-10.00am	Red	5-8 years old	Dan
10.00am-11.00am	Orange	8-9 years old	Dan
11.00am-Midday	Green/Yellow Ball	10-12 years old	Dan
11.00am-Midday	Yellow Ball	10-16 years old Beginner/Improver	Caitlin
Midday-1.00pm	Yellow Ball	12 years +	Dan

All sessions are coach led, bookable via ClubSpark

DAN - https://clubspark.lta.org.uk/MilfordonSeaTennisAcademy

CAITLIN - https://clubspark.lta.org.uk/CaitlinInglisTennisCoaching/Coaching