# Adult Weekly Programme

## MONDAY

| TIME | SESSION | LEVEL | COACH |
|---|---|---|---|
| 9.30-10.30am | Cardio Tennis | All abilities | Dan |
| 10.30-12pm | Coaching/Match Play | Improver/Intermediate | Dan |
| 4.30-7.00pm | Men's Club Night | All | N/A |

## TUESDAY

| TIME | SESSION | PLAYING LEVEL | COACH |
|---|---|---|---|
| 9.00-11.00am | Ladies' Club Morning | All abilities | N/A |
| 10.00-11.00am | Improvers | Improver | Dan |
| 11.00-12pm | Basket Drills | All | Dan |

## WEDNESDAY

| TIME | SESSION | LEVEL | COACH |
|---|---|---|---|
| 10.30-12pm | Coaching/Match Play | Improver/Intermediate | Dan |
| 9.30-10.30am | Cardio Tennis | All | Ari |
| 10.30-11.30am | Basket Drills | All | Ari |
| 5.00-7.00pm | Club Evening | All | N/A |
| 6.30-7.30pm | Beginners/Improvers | Beginners/Improvers | Dan |

## THURSDAY

| TIME | SESSION | LEVEL | COACH |
|---|---|---|---|
| 10.00-11.00am | Doubles Drills | Improver/Intermediate | Caitlin |
| 2.00-3.30pm | Walking Tennis | All | Ros |

## FRIDAY

| TIME | SESSION | LEVEL | COACH |
|---|---|---|---|
| 10.00-11.00am | Basket Drills | Improver/Intermediate | Caitlin |

## SATURDAY

| TIME | SESSION | LEVEL | COACH |
|---|---|---|---|
| 10.00-11.00am | Adult Beginners (Returning Players) | Beginner/Improver | Caitlin |
| 2.00-5.00pm | Club Afternoon | All | N/A |

**Dan** - https://clubspark.lta.org.uk/MilfordonSeaTennisAcademy
**Caitlin** – https://clubspark.lta.org.uk/CaitlinInglisTennisCoaching
**Ari** - https://clubspark.lta.org.uk/AriannaRogersCoaching