

COACHING PROGRAMME

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO TENNIS JAMIE KING 9:30-10:30				DRILLS & SKILLS GARY WAUGHMAN 9:30 -11:00	TENNIS TOTS 2.5 - 4 years JAMIE KING 9:45-10:30	
BEGINNERS/ IMPROVERS BEN BRIDGE 11:30-13:00			TEAM TRAINING GARY WAUGHMAN 11:30-13:00		MINI RED 4 - 7 years JAMIE KING 10:30-11:30	
YELLOW BALL 10 - 16 years BEN BRIDGE 16:00-17:00		MINI RED BALL 4 - 7 years BEN BRIDGE 16:00-17:00			MINI ORANGE 7 -9 years JAMIE KING 11:30-12:30	
JUNIOR PERFORMANCE SQUAD (invite only) BEN BRIDGE 17:00-18:00		MINI ORANGE BALL 7 - 9 years BEN BRIDGE 17:00-18:00	JUNIOR PERFORMANCE SQUAD (invite only) BEN BRIDGE 17:30-19:00		GREEN BALL 9 - 10 years JAMIE KING 12:30-13:30	
TEENS TENNIS 13 - 19 years BEN BRIDGE 18:30-19:30		JUNIOR CARDIO TENNIS BEN BRIDGE 18:00-19:00	CARDIO TENNIS BEN BRIDGE 19:00-20:00		YELLOW BALL 11 - 16 years JAMIE KING 13:30-14:30	
PERFORMANCE SQUAD 1 GARY WAUGHMAN 19:00 - 20:30	DRILLS & SKILLS BEN BRIDGE 19:00-20:30	DRILLS & SKILLS BEN BRIDGE 19:00-20:30	PERFORMANCE SQUAD 1 (invite only) GARY WAUGHMAN 19:00-20:30			



LEE ON THE SOLENT
TENNIS, SQUASH
& FITNESS CLUB



2024 COACHING PROGRAMME
Book your place at tennishampshire.com
Booking Issues - call 02380 170725