

TENNIS COACHING PROGRAMME APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>TENNIS TOTS 2.5-4 years BEN BRIDGE 9:30 - 10:15</p>				<p>DRILLS & SKILLS GARY WAUGHMAN 9:30 - 11:00</p>	<p>TENNIS TOTS 2.5-4 years JAMIE KING 9:45 - 10:15</p>
<p>CARDIO TENNIS JAMIE KING 9:30 - 10:30</p>					<p>MINI RED BALL 4-7 years JAMIE KING 10:30 - 11:30</p>
		<p>MINI RED BALL 4-7 years BEN BRIDGE 16:00 - 17:00</p>			<p>MINI ORANGE BALL 7-9 years JAMIE KING 11:30 - 12:30</p>
<p>YELLOW BALL 10-16 years BEN BRIDGE 16:30 - 17:30</p>		<p>MINI ORANGE BALL 7-9 years BEN BRIDGE 17:00 - 18:00</p>	<p>JNR PERFORMANCE SQUAD (invite only) BEN BRIDGE 16:30 - 18:00</p>	<p>GIRLS ON COURT 7-16 years BEN BRIDGE 17:00 - 18:00</p>	<p>GREEN BALL 9-10 years JAMIE KING 12:30 - 13:30</p>
	<p>ADULT INTERMEDIATE BEN BRIDGE 18:00 - 19:30</p>	<p>GREEN BALL 10-16 years BEN BRIDGE 18:00 - 19:00</p>	<p>SKILLS & DRILLS BEN BRIDGE 18:00 - 19:30</p>		<p>YELLOW BALL 11-16 years JAMIE KING 13:30 - 14:30</p>
<p>PERFORMANCE SQUAD 1 (invite only) GARY WAUGHMAN 19:00 - 20:30</p>	<p>ADULT BEGINNERS BEN BRIDGE 19:30 - 20:30</p>	<p>YELLOW BALL 10-16 years BEN BRIDGE 19:00-20:00</p>	<p>ADULT BEGINNERS BEN BRIDGE 19:30 - 20:30</p>		

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