

TENNIS COACHING PROGRAMME NOVEMBER 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TENNIS TOTS

2.5-4 years
BEN BRIDGE
9:30 - 10:15

CARDIO TENNIS

JAMIE KING
9:30 - 10:30

YELLOW BALL

10-16 years
BEN BRIDGE
16:30 - 17:30

**ADULT
INTERMEDIATE**

BEN BRIDGE
18:00 - 19:00

**PERFORMANCE
SQUAD 1 (invite only)**

GARY WAUGHMAN
19:00 - 20:30

**ADULT
INTERMEDIATE**

BEN BRIDGE
18:00 - 19:30

ADULT BEGINNERS

BEN BRIDGE
19:30 - 20:30

MINI RED BALL

4-7 years
BEN BRIDGE
16:00 - 17:00

MINI ORANGE BALL

7-9 years
BEN BRIDGE
17:00 - 18:00

GREEN BALL

10-16 years
BEN BRIDGE
18:00 - 19:00

YELLOW BALL

10-16 years
BEN BRIDGE
19:00-20:00

**JNR PERFORMANCE
SQUAD (invite only)**

BEN BRIDGE
16:30 - 18:00

DRILLS & SKILLS

BEN BRIDGE
18:00 - 19:30

ADULT BEGINNERS

BEN BRIDGE
19:30 - 20:30

DRILLS & SKILLS

GARY WAUGHMAN
9:30 - 11:00

GIRLS ON COURT

7-16 years
BEN BRIDGE
17:00 - 18:00

TENNIS TOTS

2.5-4 years
JAMIE KING
9:45 - 10:15

MINI RED BALL

4-7 years
JAMIE KING
10:30 - 11:30

MINI ORANGE BALL

7-9 years
JAMIE KING
11:30 - 12:30

GREEN BALL

9-10 years
JAMIE KING
12:30 - 13:30

YELLOW BALL

11-16 years
JAMIE KING
13:30 - 14:30

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

Courtside @ LEE ON THE SOLENT
TENNIS, SQUASH
& FITNESS CLUB