

Tennis Coaching/Mix-In Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00 – 11:30 Mix-In Members Only			9:30 – 11:00 Ladies League Members only	9:00 – 10:00 Tots & Mini Red 3-7 years	
		13:00 – 14:30 Adult Coaching		13:00 – 14:30 Adult Improver Club Coaching	10:00 – 11:00 Junior Red/Orange 7-10 years	
					10:30 – 12:00 Adult Club Members Only	
16:00 – 17:00 Mini Squad 5-10 years (invite)		16:00 – 17:00 Red Ball 5-9 years	16:00 – 17:00 Junior Coaching 9-14 years	16:00 – 17:00 Development Squad 11-16 years (invite)	11:00 – 12:00 Junior Orange/Green 9-14 years	16:00 – 18:00 Mix-In
17:00 – 18:00 Development Squad 11-16 years (invite)		17:00 – 18:00 Tennis For Kids Enquire for information	17:00 – 18:00 Performance Squad 16-21 years (invite)		12:00 – 13:00 Junior Yellow 11-18 years	
19:00 – 20:30 Adult Club/League Members only	19:00 – 20:00 Adult Beginner/Improver	19:00 – 20:00 Cardio Tennis Members Only		18:00 – 20:00 Club Night Members Only	13:00 – 14:00 Performance Squad 16-21 years (invite)	

■ Adult
 ■ Junior
 ■ Mix-In