

## Tennis Coaching/Mix-In Timetable

| Monday   | Tuesday                                     | Wednesday                                  | Thursday  | Friday  | Saturday  | Sunday                  |
|--|---|--|---|---|---|-------------------------|
|  | 9:00 – 11:30<br>Mix-In<br>Members Only      |  |   | 9:30 – 11:00<br>Ladies League<br>Members only                 | 9:00 – 10:00<br>Tots & Mini Red<br>3-7 years                  |                         |
|  |   | 13:00 – 14:30<br>Adult Coaching            |   | 13:00 – 14:30<br>Adult Improver<br>Club Coaching              | 10:00 – 11:00<br>Junior<br>Red/Orange<br>7-10 years           |                         |
|  |   |  |   |   | 10:30 – 12:00<br>Adult Club<br>Members Only                   |                         |
| 16:00 – 17:00<br>Mini Squad<br>5-10 years (invite)         |   | 16:00 – 17:00<br>Red Ball<br>5-9 years     | 16:00 – 17:00<br>Junior Coaching<br>9-14 years                | 16:00 – 17:00<br>Development<br>Squad<br>11-16 years (invite) | 11:00 – 12:00<br>Junior<br>Orange/Green<br>9-14 years         | 16:00 – 18:00<br>Mix-In |
| 17:00 – 18:00<br>Development Squad<br>11-16 years (invite) |   | 17:00 – 18:00<br>Orange Ball<br>8-12 years | 17:00 – 18:00<br>Performance<br>Squad<br>16-21 years (invite) |   | 12:00 – 13:00<br>Junior Yellow<br>11-18 years                 |                         |
| 19:00 – 20:30<br>Adult Club/League<br>Members only         | 19:00 – 20:00<br>Adult<br>Beginner/Improver |  |   | 18:00 – 20:00<br>Club Night<br>Members Only                   | 13:00 – 14:00<br>Performance<br>Squad<br>16-21 years (invite) |                         |

■ Adult ■ Junior ■ Mix-In