

COACHING PROGRAMME

SEPTEMBER 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	
BACK TO TENNIS BEN BRIDGE 11:30-13:00					MINI RED 4 - 7 years JAMIE KING 10:30-11:30	
		MINI RED BALL 4 - 7 years BEN BRIDGE 16:00-17:00			MINI ORANGE 7 -9 years JAMIE KING 11:30-12:30	
YELLOW BALL 10 - 16 years BEN BRIDGE 16:00-17:00		MINI ORANGE BALL 7 - 9 years BEN BRIDGE 17:00-18:00			GREEN BALL 9 - 10 years JAMIE KING 12:30-13:30	
JUNIOR PERFORMANCE SQUAD (invite only) BEN BRIDGE 17:00-18:30		JUNIOR CARDIO TENNIS BEN BRIDGE 18:00-19:00	JUNIOR PERFORMANCE SQUAD (invite only) BEN BRIDGE 17:30-19:00	COMING SOON...	YELLOW BALL 11 - 16 years JAMIE KING 13:30-14:30	
PERFORMANCE SQUAD 1 GARY WAUGHMAN 19:00 - 20:30	ADULT TEAM TRAINING 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	GIRLS ON COURT 10-16 years BEN BRIDGE 18:00-19:00		



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TENNIS, SQUASH
& FITNESS CLUB



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