

# JUNIOR & ADULT TENNIS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9.00						RED BALL (1/2/3) 4 - 8 YEARS 9.00-10.00	CARDIO TENNIS ALL STANDARDS 9.00-10.00
10.00	CARDIO TENNIS ALL STANDARDS 10.00-11.00				CARDIO TENNIS ALL STANDARDS 10.00-11.00	IMPROVERS (2/3) U12 - U16 10.00-11.00	SOCIAL TENNIS ALL STANDARDS 10.00-1.00
11.00					CLUB MORNING COACHING INTERMEDIATE/ADVANCED 11.00-12.00	TENNIS EXPRESS BEGINNERS 11.00-12.00	ADVANCED (1) U18 U12 11.00-12.00 11.00-12.00
12.00						IMPROVERS (2/3) ORANGE BALL 8-9 YEARS 12.00-1.00	GREEN BALL 9-10 YEARS 12.00-1.00
1.00						ADVANCED (1) ORANGE BALL 8-9 YEARS 1.00-2.15	
2.00						ADVANCED (1) GREEN BALL 9-10 YEARS 2.15-3.30	YELLOW U/12
3.00							
4.00	ADVANCED RED BALL (1) 5 - 8 YEARS 4.00-5.00		IMPROVERS/BEGINNERS RED BALL (2/3) 4- 8 YEARS 4.00-5.00		IMPROVERS/BEGINNERS RED BALL (2/3) 4 - 8 YEARS 4.00-5.00		
5.00	ADVANCED ORANGE BALL (1) 8-9 YEARS 5.00-6.00	GREEN BALL (1) 9-10 YEARS 5.00-6.00	IMPROVERS ORANGE BALL (2/3) 8-9 YEARS 5.00-6.00	BEGINNERS GREEN BALL (2/3) 9-10 YEARS 5.00-6.00	ADVANCED (1) GREEN BALL 9 - 10 YEARS 5.00-6.15	YELLOW U/12	
6.00			U12 - U16 IMPROVERS (2) 6.00-7.00				
7.00	MENS NIGHT IMPROVER/ADVANCED 7.00-8.00	TUESDAY LEAGUE ADULTS 7.00-9.00	U18 ADVANCED (1) 7.00-8.00	MENS / LADIES TEAM PRACTICE 7.00-9.00	SOCIAL TENNIS ALL STANDARDS 7.00-9.00		
8.00	LADIES NIGHT IMPROVER ADVANCED 8.00-9.00		TENNIS XPRESS MIXED BEGINNERS/IMPROVERS NIGHT 8.00-9.00				
9.00							