

# 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 (2 courts)	CARDIO TENNIS ALL STANDARDS 9.00-10.00 (2 courts)	TENNIS XPRESS BEGINNERS/IMPROVERS 9.00-10.00 (2 courts)
10.00					CARDIO TENNIS ALL STANDARDS 10.00-11.00 (2 courts)	YELLOW BALL (2/3) 11 - 16 YEARS 10.00-11.00 (4 courts)	SOCIAL TENNIS ALL STANDARDS 10.00-12.00 (4 courts)	
11.00					CLUB MORNING COACHING IMPROVER/ADVANCED 11.00-12.00 (2 courts)	YELLOW BALL (1) U14 U18 11.00-12.00 (4 courts)		
12.00				SOCIAL TENNIS ALL STANDARDS 12.00 - 2.00 (3 courts)		ORANGE BALL (2/3) 9-10 YEARS 12.00-1.00 (4 courts)	GREEN BALL (2/3) 9-10 YEARS 12.00-1.00	
1.00						INVITE ORANGE, GREEN, YELLOW BALL (1) 9-12 YEARS 1.00-2.15 (4 courts)		
2.00						INVITE YELLOW BALL (1) U12 + U14 2.15-3.30 (1 court)	SOCIAL TENNIS ALL STANDARDS 2.00 - 4.00 (3 courts)	
3.00						INVITE RED BALL (1) 3.30-4.30 (1 court)		
4.00	RED BALL (2/3) 4 - 6 YEARS 6 - 8 YEARS 4.00-5.00 (2 courts)		RED BALL (2/3) 6- 8 YEARS 4.00-5.00 (1 court)		RED BALL (2/3) 4 - 6 YEARS 6 - 8 YEARS 4.00-5.00 (2 courts)	ORANGE BALL (2/3) 8-9 YEARS 4.00-5.00 (2 courts)		
5.00	U12 INVITE GREEN BALL (1) 5.00-6.00 YELLOW BALL (1) 5.00-6.00 (2 courts)		ORANGE, GREEN, YELLOW BALL (2/3) 9-10 YEARS 5.00-6.00 (4 courts)		U12 INVITE YELLOW BALL (1) 5.00-6.00 (3 courts)			
6.00			YELLOW BALL (2/3) U11 - U16 IMPROVERS 6.00-7.00 (3 courts)	MENS TEAM PRACTICE INVITE ONLY 6.30-9.00 (All courts)	JUNIOR CLUB NIGHT 10 - 18 YEARS 6.00-7.00 (4 courts) Summer only			
7.00	MENS NIGHT IMPROVER/ADVANCED 7.00-8.00 (4 courts)	TUESDAY LEAGUE IMPROVER/ADVANCED ADULTS 7.00-9.00 (All courts)	CARDIO TENNIS ALL STANDARDS 7.00-8.00 (1 court)	INVITE YELLOW BALL (1) 11 - 18 YRS 7.00-8.00 (3 courts)	SOCIAL TENNIS ALL STANDARDS 7.00-9.00 (All courts)			
8.00	LADIES NIGHT IMPROVER/ADVANCED 8.00-9.00 (3 courts)		TENNIS XPRESS MIXED BEGINNERS/IMPROVERS NIGHT 8.00-9.00 (4 courts)					
9.00								

GROUP (1) - ADVANCED    GROUP (2) - IMPROVER    GROUP (3) - BEGINNER  
TIMES & SQUADS SUBJECT TO CHANGE