

The Junior Coaching Programme 2019

Ages 5 - 8	Mini Tennis Red	Monday Wednesday	For individual, couples, small group or family coaching sessions at any level tailored to your needs please contact Nigel as shown below.
Ages 8 -9	Mini Tennis Orange	Monday Wednesday	
Ages 9 - 10	Mini Tennis Green	Tuesday Thursday	
Ages 10+ Junior Programme	Saturday Coaching	Development: 11:00am – 12.00pm Advanced: 12.00pm – 1..00pm	
	Invitational Members Only squads	Development Friday 4:00pm–5:00pm Advanced Monday 5:30pm–6:30pm Tuesday 5:00pm–6:00pm Friday 5:00pm–6:00pm Performance Tuesday 5:00pm–6:30pm Thursday 4:00pm–5:00pm Friday 6:00pm–7:00pm	
	Members only competitions	Leagues Club Matches Championships Club Sessions	

For more details please contact Nigel Allingham on 07432 846652 or e-mail allinghamtennis@btinternet.com