



# Coaching Programme 2024



All sessions are run by LTA Qualified Coaches

## Term Time Group Sessions

Day	Time	Group	Age
Monday	12.30-1.30pm	Cardio Tennis	Adult
	4.30-5.30pm	U13/15 Coaching	Under 13/15 yrs
	5.30-6.30pm	U15/18 Coaching	Under 15/18 yrs
Tuesday	11am-12pm	Intermediate/Team Coaching	Adult
	12-1pm	Beginners/Improvers Coaching	Adult
	4-5pm	Red Group Coaching	5-8 yrs
	5-6pm	Junior Club Night	Under 13 yrs
	6-7pm	Junior Club Night	Under 15/18 yrs
Wednesday	3.30-4.30pm	Red Group Coaching	5-8 yrs
	4.30-5.30pm	Orange Group Coaching	6-9 yrs
	5.30-6.30pm	Green Group Coaching	Under 10/13 yrs
Thursday	3.30-4.30pm	GMJ After School Club	Under 10 yrs
	4.30-5.30pm	U15/18 Coaching	Under 15/18 yrs
Friday	4.30-5.30pm	Orange/Green Group Coaching	6-9 yrs
	5.30-6.30pm	U18 Coaching	Under 18 yrs
	7-8pm	Cardio Tennis	Adult
Saturday	9-9.45am	Junior Morning Games	5-10 yrs
	9.45-10.30am	Junior Morning Games	5-10 yrs
	10.30-11.15am	Junior Matchplay	10-13 yrs
	11.15am-12noon	Junior Matchplay	14-18 yrs
	12noon-1pm	Red/Orange Group Coaching	5-9 yrs
	1-2pm	Intermediate/Team Coaching	Adult

- \* Junior Coaching – open to members and non members. Places are limited and allocated on a first come first served basis
- \* Free Sessions for Junior Members
- \* Adult Coaching – open to members and non members. Places are limited and allocated on a first come first served basis

## Holiday Camps

Tennis Camps running every holiday (except Christmas). Open to members and non-members. For ages 5-16yrs.

Half Days - Full Days - Early Drop-offs - Late Pickups

Follow the link for the latest booking form:  
<https://clubspark.lta.org.uk/DavenportLTC/Coaching/HolidayCamps>

If you would like a place in any of the sessions please contact Ben on 07966 973901 or [bbushtennis@yahoo.co.uk](mailto:bbushtennis@yahoo.co.uk)