

JUSTPLAY TENNIS COACHING PROGRAMME

| DAY/ TIME | MONDAY | | TUESDAY | | | WEDNESDAY | | | THURSDAY | | FRIDAY | | SATURDAY | | |
|-----------|---------------------------------|---|-------------------------------|---|---|-------------------------------|--------------------------|---|---------------------------------|---------------|---------------------------------|---|------------------------------------|-------------------------|--|
| COURTS | 1 | 2 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 1 | 2 | 1 | 2 | 3 |
| 8:30-9 | | | CARDIO | | | | | | | | | | | | |
| 9-9.30 | | | | | | | | | | | CARDIO | | RED 3,2,1 | | |
| 9.30-10 | TENNIS WELCOME | | ADULT CLUB MORNING ALL COURTS | | | | | | ADULT CLUB MORNING ALL COURTS | | | | | | |
| 10-10.30 | | | | | | | | | | | ADULT IMPROVERS | | ORANGE/GREEN 3,2,1 | RED SCIALPLAY | |
| 10.30-11 | JUSTPLAY DRILLS | | | | | | | | | | | | | | |
| 11-11.30 | | | | | | | | | | | ADULT BEGINNERS | | TENNIS 3,2,1 | ORANGE/GREEN SOCIALPLAY | |
| 11.30-12 | MATCHPLAY DRILLS | | | | | | | | | | | | | | |
| 12-12.30 | | | | | | | | | | | | | FAMILY CARDIO | | TENNIS SOCIALPLAY 3 COURTS |
| 12.30-13 | | | | | | | | | | | | | | | |
| 13-13.30 | | | | | | | | | | | | | | | |
| 13.30-14 | | | | | | | | | | | | | | | |
| 14-14.30 | | | | | | | | | TOTS 3-5YRS | | | | | | |
| 14.30-15 | | | | | | | | | | | | | | | ADULT CLUB AFTERNOON ALL COURTS (MEMBER RUN) |
| 15-15.30 | | | | | | | | | | | | | | | |
| 15.45-16 | | | | | | | | | | | | | | | |
| 16-16.30 | RED 2/3 | | ORANGE 123 | | | RED 1 | | | ORANGE 1 | | RED 2/3 | | | | |
| 16.30-17 | | | | | | | | | | | | | | | |
| 17-17.30 | GREEN/YELLOW 2/3 | | KIDS SOCIALPLAY (FREE) | | | GREEN/YELLOW 2/3 (GIRLS ONLY) | | | KIDS SOCIALPLAY (FREE) 3 COURTS | | GREEN/YELLOW 1/2/3 | | | | |
| 17.30-18 | | | | | | | | | | | | | | | |
| 18-18.30 | | | | | | | | | | | | | | | |
| 18.30-19 | ADULT CLUB NIGHT DOUBLES AT 6PM | | TENNIS 1 | | | FAMILY CARDIO | MEN'S PASTY & PINT NIGHT | | ADULT IMPROVERS | | ADULT CLUB NIGHT DOUBLES AT 6PM | | | | |
| 19-19.30 | | | | | | | | | | | | | | | |
| 19.30-20 | SINGLES AT 7:30PM | | | | | | | | RUSTY RACKETS | JP STRENGTHEN | | | ADULT CLUB NIGHT SINGLES AT 7:30PM | | |
| 20-20.30 | | | RUSTY RACKETS | | | | | | | | | | | | |
| 20:30-21 | | | | | | | | | | | | | | | |

| | | | | |
|------------------------|---|---------------------------|--------------------------------------|-----------------|
| <u>AGE RANGES</u> | RED - 5-8YRS | ORANGE - 8-10YRS | GREEN - 10-11YRS | TENNIS - 11+YRS |
| <u>ABILITY RANGES</u> | BEGINNERS = 3 | IMPROVER/INTERMEDIATE = 2 | | ADVANCED = 1 |
| <u>SESSION CHARGES</u> | MEMBERS - £8.50 PER HOUR SESSION | | NON-MEMBERS - £10 PER HOUR SESSION | |
| | FLEXI-CARD MEMBER £6.50 PER HOUR (£65 PER CARD) | | FLEXI-CARD NON-MEMBER £8.50 PER HOUR | |

PRIVATE LESSONS ARE AVAILABLE. PLEASE CONTACT RYAN TRICKEY ON [07886 304114](tel:07886304114) OR JUSTPLAYTENNIS@HOTMAIL.COM FOR MORE INFORMATION ON THE PROGRAMME.

WHAT DO THESE SESSIONS INVOLVE?

RED/ORANGE/GREEN/ YELLOW SESSIONS

THESE ARE FUN, ENERGETIC, AGE RELATED SESSIONS TARGETING JUNIORS WANTING TO IMPROVE THEIR GAME. WORKING ON EXERCISES, RELATED DRILLS AND FUN COMPETITIONS TO DEVELOP OUR JUNIORS PLAY AND UNDERSTANDING.

SUITABLE FOR ALL CHILDREN OF ANY ABILITY LEVEL.

ADULT BEGINNERS

WE USE TENNIS DRILLS IN ORDER TO DEVELOP YOUR FUNDAMENTAL GROUNDSTROKES AND BUILD ON BASIC TACTICAL ELEMENTS OF THE GAME.

SUITABLE FOR TO THOSE NEW TO THE GAME.X

ADULT IMPROVERS

DURING THIS SESSION WE'LL TAKE YOUR GROUNDSTROKES TO A HIGHER LEVEL AND BRING BETTER VARIETY TO THE TACTICAL ELEMENTS OF YOUR GAME.

SUITABLE FOR PLAYERS WITH A KNOWLEDGE AND STRONGER LEVEL OF THE GAME.

CARDIO/FAMILY CARDIO

THIS ONE OF THE MOST POPULAR TENNIS DRILLS SESSION TO MUSIC. IT'S FUN, ENERGETIC, ACTION PACKED AND DOESN'T MATTER HOW GOOD YOU ARE AT TENNIS AS THE KEY GOAL IS REACHING YOUR FITNESS GOALS. ALL AGES AND ABILITY LEVELS WELCOME. SUITABLE TO THOSE WANTING TO GET FIT!

ADULT MATCHPLAY

THIS SESSION DOES EXACTLY WHAT IS SUGGESTS. IT'S SIMPLY A ROLE UP AND MIX IN MATCH SESSION. YOU'LL BE MIXED WITH ALL MEMBERS IN THE GROUP AND NORMALLY PLAY AROUND 4-5 MATCHES IN THIS HOUR AND A HALF SESSION. YOU'LL NEED TO BE ABLE TO RALLY AND SERVE THE BALL IN.

JUSTPLAY DRILLS/ MATCHPLAY DRILLS

THE JUSTPLAY DRILLS IS A COACH FED DRILLS SESSION TO IMPROVE THE TECHNICAL GAME AROUND A TACTICAL SITUATION. MATCHPLAY DRILLS IS A LIVELY POINTS BASED SESSION THAT PRACTICES A TACTICAL SITUATION IN A REALISTIC POINTS ENVIRONMENT. SUITABLE FOR ALL PLAYERS.

RUSTY RACKETS

THIS SESSION IS AN INTRODUCTORY SESSION TO TENNIS. ENERGETIC DRILLS AND GAMES HELP YOU GET BACK IN TO THE GAME.

SUITABLE FOR ALL PLAYERS, IN PARTICULAR BEGINNERS AND RETURNING PLAYERS.