

Club Tennis Coaching Spring Timetable 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					9-00—9-45am Mini Red R9 Level 2	9-15—10-00am Mini Red R10 Level 2/3
					10-00—11-00am Mini Orange O6 Level 2	
		12-00—1-30pm Adult Doubles Practice	11-00—12-00pm Adult A8 Improver		11-00—12-00pm Green/Beginner G3 Level 3	
					12-00—1-00pm Green/Beginner G4 Level 2	
1-00—2-00pm Adult A1 Beg/Improver 1-30—2-00pm Mini Blue P & P	1-00—2-00pm Nethergate School					
2-00—3-00pm Mini Blue B1 & Blue B2 Adult A2 Beg/Improver	2-00—3-00pm The Shepherd School		2-00—3-00pm Mini Blue P & P Mini Blue B3 Adult A3 Beg/Improver			
		3-45—4-30pm Wilford School	3-45—4-30pm Wilford School	3-45—4-30pm Wilford School		
4-30—5-15pm Mini Red R1 Level 3 Green/Beginner J1 10—13 years Improver J3 11—15 years	4-00—4-45pm Mini Red R3 Level 2/3 4-30—5-30pm Mini Orange O1 Level 2/3 Green/Beginner G1 Level 3 5-00—6-30pm Team Perf 1	4-00—4-45pm Mini Red R4 Level 2/3 4-45—5-30pm Mini Red R5 Level 2 Beg/Imp J2 13+ years Imp Plus J4 11—15years	4-00—5-00pm Mini Orange O4 Level 3 Mini Red R6 Level 3	4-00—5-00pm Mini Orange O5 Level 3 4-30—5-15pm Mini Blue B4		
5-15—6-00pm Mini Red R2 Level 1 5-30—6-30pm Junior Night 12 & under	Mini Orange O2 Level 2 Green/Beginner G2 Level 2	5-30—6-30pm Mini Orange O3 Level 1 Match Teenage Squad J6	5-00—6-30pm Team Perf 3 5-30—6-30pm Advanced Imp J5 11—15 years	5-15—6-00pm Mini Red R7 Level 2/3 Girls Mini Red R8 Level 3 5-00—6-30 Team Perf 2		
6-30—8-00pm Junior Night 13 + years Team Perf 1,2&3 Match Play		6-30—7-30pm Adult A4 Improver 7-30—8-30pm Adult A5 Beginner	6-30—7-30pm Adult A6 Adv Improver 7-30—8-30pm Adult A7 Improver			
WEST BRIDGFORD TENNIS CLUB						

The club also runs an LTA Accredited Performance Programme (In Touch Tennis)