

# WEEKLY ACTIVITIES

	9-10	10-11	11-12	12—4	4-5	5-6	6-7	7-8	8-9	9-10
<b>Monday</b>						Coaching: Juniors*	Coaching: Adult beginners*	Coaching: Advanced adults*		
<b>Tuesday</b>							Cardio tennis	Ladies' Night		
<b>Wednesday</b>		Pickleball			Coaching: Juniors (ages 7-9)*	Coaching: Juniors (ages 9+)*		Club Night: social play		
<b>Thursday</b>								Men's Night		
<b>Friday</b>										
<b>Saturday</b>	Cardio tennis		Pickleball							
<b>Sunday</b>			Social play**							

**Contacts**

Coaching: Simon – 07711 080862  
 Cardio and pickleball: Rachel – 07768 514707  
 Ladies' Night: Den – 07584 495867  
 Club Night: Cynthia – 07815 198806  
 Men's Night: Jes – 07973 751736  
 Sunday social: Heather – 07932 600363

\*Coaching sessions take place from September to July. Simon and Rachel are available for individual tennis coaching.

\*\*Sunday social play is moved to the afternoon if there is an inter-club match in the morning.

For general queries call Cynthia on 07815 198806.