

Club Tennis Coaching Timetable 2007

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	
		11-30—1-00pm Adult Doubles Practice	11-00—12-00pm Adult A7 Improver		11-00—12-00pm Mini Green G3 Level 3	
					12-00—1-00pm Mini Green G4 Level 2	
	1-00—2-00pm Foxwood School	1-00—2-00pm Derrymount School	1-00—2-00pm Sutherland House School			
2-00—3-00pm Mini Blue B1 & Blue B2 Adult A1 Beg/Improver	2-00—3-00pm Shepherd School		2-00—3-00pm Mini Blue P & P Mini Blue B3 Adult A2 Beg/Improver			
3-00—3-30pm Mini Blue P & P		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 Girls Level 2/3 Red R2 Level 3 4-30—5-30pm Mini Green J1 Level 1 Improver J3 11—13 years	4-00—4-45pm Mini Red R4 Level 3 & Red R5 Level 2/3 4-30—5-30pm Mini Orange O1 Level 2/3 Mini Green G1 Level 3	4-00—4-45pm Mini Red R6 Level 2/3 4-45—5-30pm Mini Red R7 Level 2 Mini Orange O3 Level 1	4-00—5-00pm Mini Orange O4 Level 3 4-30—5-30pm Heymann School	4-00—5-00pm Mini Orange O5 Level 3 4-30—5-15pm Mini Blue B4		
5-15—6-00pm Mini Red R3 Level 1 5-30—6-30pm Junior Night 12 & under	Mini Orange O2 Level 2 Mini Green G2 Level 2	5-30—6-30pm Beg/Improver J2 13 years + Match Teenage Squad J6	5-30—6-30pm Advanced Imp J5 11—13 years	5-15—6-00pm Mini Red R8 Level 3		
6-30—8-00pm Junior Night 13 + years		6-30—7-30pm Adult A3 Beginner	6-30—7-30pm Adult A5 Beginner			
		7-30—8-30pm Adult 4 Improver	7-30—8-30pm Adult A6 Improver			



WEST BRIDGFORD TENNIS CLUB



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