

ABBEYDALE TENNIS CLUB

COACHING & ACTIVITY PROGRAMME 2010

MONDAY			
ACTIVITY	TIME	LEVEL / AGE	ACTIVITY / COST
Bronze Coaching	5.00 – 6.00 pm	Junior 10+ / Full Ball Beginners / Intermediate	Course (P.O.A)

TUESDAY			
ACTIVITY	TIME	LEVEL / AGE	ACTIVITY / COST
Ladies Morning	10.00 – 11.30 am	Intermediate	Course (P.O.A)
Seniors Tennis	1.00 – 3.00 pm	50+ All Levels	Pay & Play (£5.00)
Tiny Tots Tennis	4.00 – 4.30 pm	3-4 year olds	Course (P.O.A)
Mini Tennis Red	4.30 – 5.15pm	5 – 7 year olds	Course (P.O.A)
Mini Tennis Orange	5.15 – 6.00 pm	8 year olds	Course (P.O.A)
Mini Tennis Green	5.15 – 6.00 pm	9 year olds	Course (P.O.A)
Mixed Social	7.00 pm – Close	All Adults and Junior +	Pay & Play (£5.00)
Quiz Night	9.30 pm Start	See Notice Board for Dates	

WEDNESDAY			
ACTIVITY	TIME	LEVEL / AGE	ACTIVITY / COST
Ladies Coaching	10.30 – 12.00 pm	All Adults	Course (P.O.A)
Adult Coaching	6.00 – 7.00 pm	All Adults	Pay & Play (£6.50)
Men's Social	7.00 – 9.00 pm	All Adults & Juniors +	Pay & Play (£5.00 or £2.50 if you are also doing Adult Coaching)

THURSDAY			
ACTIVITY	TIME	LEVEL / AGE	ACTIVITY / COST
Ladies Morning	10.00 – 11.00 am	Intermediate	Course (P.O.A)
Tiny Tots Tennis	4.00 – 4.30 pm	3-4 year olds	Course (P.O.A)
Mini Tennis Red	4.30 – 5.15pm	5 – 7 year olds	Course (P.O.A)
Mini Tennis Orange	5.15 – 6.00 pm	8 year olds	Course (P.O.A)
Mini Tennis Green	5.15 – 6.00 pm	9 year olds	Course (P.O.A)

Continued on Reverse

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FRIDAY			
ACTIVITY	TIME	LEVEL / AGE	ACTIVITY / COST
Mini Tennis Red	4.15 – 5.00 pm	5 – 7 year olds	Course (P.O.A)
New Members Welcome	7.30 – 9.30 pm	New Members	Free - 1 st Friday every month

SATURDAY			
ACTIVITY	TIME	LEVEL / AGE	ACTIVITY / COST
Mini Tennis Red	9.00 – 9.45 am	5 – 7 year olds	Course (P.O.A)
Mini Tennis Orange	9.45 – 10.30 am	8 year olds	Course (P.O.A)
Mini Tennis Green	9.45 – 10.30 am	9 year olds	Course (P.O.A)
Bronze Coaching (Outdoors)	10.30 – 11.45	Junior 10+ / Full Ball Beginners / Intermediate	Course (P.O.A) March – December
Platinum Coaching	12.00 – 1.00 pm	Juniors 10+	Course (P.O.A)
Junior Social (Outdoors)	1.00 – 4.00 pm	5 – 14 year olds	Pay & Play (£1.00)
Gold Coaching 1	1.00 – 2.00 pm	Juniors 10+	Course (P.O.A)
Gold Coaching 2	2.00 – 3.00 pm	Juniors 10+	Course (P.O.A)
Silver Coaching 1	3.00 – 4.00 pm	Juniors 10+	Course (P.O.A)
Silver Coaching 2	4.00 – 5.00 pm	Juniors 9+	Course (P.O.A)
Mini Match Play	5.00 – 7.00 pm	Mini Red & Orange	See Box League Notice Board for Dates

SUNDAY			
ACTIVITY	TIME	LEVEL / AGE	ACTIVITY / COST
Cardio Tennis	10.00 – 11am	All Adults and Junior +	Pay & Play (£5.00)

For Fitness and Personal Training see Born2Move

To book on any of the courses
or for further information, please ring
The Club's reception on **0114 236 1938**