

DUFFIELD LTC TENNIS COACHING PROGRAMME

MINI RED (4,5,6,7,YRS)

Mon 4.30pm - 5.30pm Thur 4pm - 5pm (Girls Group)
Tues 4pm - 5pm Thur 5pm - 6pm
Wed 4pm - 5pm Sat 9pm - 10am

MINI ORANGE (8,9 YRS)

Tues 5pm - 6pm Thurs 5pm - 6pm
Wed 4pm - 5pm Sat 10pm - 11am

MINI GREEN (10,11 YRS)

Tues 5pm - 6pm Thurs 5pm - 6pm
Wed 4pm - 5pm Fri 5pm - 6pm

16 & UNDER (12,13,14,15,16 YRS)

Mon 6pm - 7pm Wed 7pm - 8pm
Wed 5pm - 6pm Fri 5pm - 6pm
Wed 6pm - 7pm

ADULT PROGRAMME

Wed 9.30am - 11.30am Fri - 1.30pm - 3pm
Wed 1pm - 3pm (Social Play) Sun - 5pm - 6.30pm

Tennis offers a recreational activity that improves coordination, develops fitness, social interaction and promotes a healthy lifestyle. The coaching programme is open to all ages and abilities. All sessions offer a basic introduction to tennis. Group sessions will be learning within the game and include structured drills and points.

Coaching is carried out by fully licensed, registered coaches in a safe and fun environment. The Junior coaching programme also offers performance groups for motivated and talented individuals.

Info/Contact

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