



## Ace's Junior Coaching Programme - Term-time from 1<sup>st</sup> April 2018



■ Red = Big, slow ball on small courts, ideal for 8 & unders.    
 ■ Orange = Quicker Ball, and bigger court area for 9& unders  
■ Green = Full size court using slightly faster ball for 10 year olds.    
 ■ Yellow Ball = Regular full tennis ball for 11 yrs plus.    
■ Disability/Additional needs/Wheelchair tennis

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Courts available for Club play, Public Hire etc.		Courts available for Club play, Public Hire etc.	Courts available for Club play, Public Hire etc.	<p style="text-align: center;"><b>9.15-9.55</b>  <b>Parent &amp; Toddler Tennis</b>                      Term-time only.                      Fun, games and skills development for 2 ½ -4 yr olds                      £4.50 Pay on the day</p>	<p style="text-align: center;"><b>SATURDAY FUN CLUBS</b>                      9.00-9.55 for 5-8 yrs &amp;                      10.00-10.55 for 9 yrs +                      Mem £3 Non-mem £4.50  <b>PAY-ON-THE-DAY</b></p> <div style="display: flex; justify-content: space-around;"> <span style="color: red;">■</span> <span style="color: orange;">■</span> <span style="color: green;">■</span> <span style="color: yellow;">■</span> </div>	<p style="text-align: center;"><b>SUNDAY FUN CLUB</b>                      9.30 - 10.25                      For 5-10 yrs                      Mem £3                      Non-mem £4.50  <b>PAY-ON-THE-DAY</b></p> <div style="display: flex; justify-content: space-around;"> <span style="color: red;">■</span> <span style="color: orange;">■</span> <span style="color: green;">■</span> </div>
			<div style="text-align: center;"> <span style="color: magenta;">■</span>  <b>12.00-12.55</b>  <b>Wheelchair Tennis</b>                      For all ages                 </div>		<div style="text-align: center;"> <span style="color: yellow;">■</span> <b>8.30 -9.55</b> <span style="color: green;">■</span>  <b>Ace Academy</b>                      Squad Green/Yellow                 </div>	<p style="text-align: center;"><b>9.45-10.25</b>  <b>Parent &amp; Toddler Tennis</b>                      £4.50 Pay on the day</p>
		<div style="display: flex; justify-content: center; gap: 5px;"> <span style="color: red;">■</span> <span style="color: orange;">■</span> <span style="color: green;">■</span> <span style="color: yellow;">■</span> </div> <p style="text-align: center;">4.00-4.55                      Red, Orange, Green &amp; Yellow Squads</p>			<div style="text-align: center;"> <span style="color: orange;">■</span>  <b>10.00 - 10.55</b>  <b>Ace Academy</b>                      Squad Orange/Green                 </div>	<p style="text-align: center;">Please ask for details on....</p>
<div style="display: flex; justify-content: space-around;"> <span style="color: red;">■</span> <b>4.00-4.55</b> <span style="color: orange;">■</span>                      Red/Orange Squads                 </div>	<div style="text-align: center;"> <span style="color: yellow;">■</span>  <b>4.00-5.00</b>  <b>Sportivate Girls Allowed (only)</b>                      11 yrs +                      See Jon A for info                 </div>	<div style="text-align: center;"> <span style="color: green;">■</span> <b>5.00-5.55</b> <span style="color: yellow;">■</span>                      Green &amp; Yellow Squad                 </div>	<div style="text-align: center;"> <span style="color: red;">■</span>  <b>4.00-4.55</b>                      Mini Red Rising 5's 3-4 years +                 </div>		<div style="text-align: center;"> <span style="color: red;">■</span>  <b>11.00-11.55</b>  <b>Ace Academy</b>                      Squad Red                 </div>	<p style="text-align: center;"><b>Ace Academy Performance Squads, Individual &amp; small Group Coaching, School Holiday Tennis &amp; Multi-Skills Camps, Tennis Birthday Parties, Junior Socials, Tournaments &amp; LTA Ratings Events, Mini Tennis &amp; Full ball Match-plays, Team Tennis, Free British Tennis Membership plus Tennis Equipment Advice</b></p>
	<div style="text-align: center;"> <span style="color: yellow;">■</span>  <b>6.00-7.25</b>                      Yellow Squads A + B                 </div>	<div style="text-align: center;"> <span style="color: green;">■</span> <b>5.00-5.55</b> <span style="color: yellow;">■</span>                      Ace Academy Strength, Speed &amp; Conditioning with Charmaine                 </div>	<div style="text-align: center;"> <span style="color: yellow;">■</span>  <b>4.30-5.55</b>                      Ace Academy Squad Yellow                 </div>		<p style="text-align: center;"><b>Disability Coaching Session</b>                      11.00-11.55                      For all disabilities. Other family members welcome                      Please ask Paul for more details</p>	
<div style="display: flex; align-items: center;"> <div> <b>6.00 – 7.25</b> <span style="color: yellow;">■</span>  <b>Ace Academy</b>                      Squad Yellow                 </div> </div>		<div style="text-align: center;"> <span style="color: green;">■</span> <b>6.00-6.55</b>                      Cardio tennis fitness for 14 yrs+                 </div>		<div style="display: flex; align-items: center;"> <div> <b>6.00 – 7.55</b> <span style="color: yellow;">■</span>  <b>Ace Academy</b>                      Top Squad                 </div> </div>	<p style="text-align: center;"><b>Wheelchair Tennis Sessions</b>                      12.00-1.25                      Specialist Chairs provided</p>	

- Please note that the programme is subject to change and activities and sessions may be added or changed, so please call us or ask at reception to confirm current programme details. If you have any questions at all, or wish to discuss any aspect of your or your children's tennis, please let us know
- All coaching conducted by LTA Qualified DBS approved Accredited professional coaches

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Heron Tennis and Ace Tennis Coaching & Academy



Heron & Ace Tennis