



## Junior Coaching Programme - Term-time from 1<sup>st</sup> April 2019



- 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.   | Courts available for Club play, Public Hire etc.  | <b>9.15-9.55</b><br><b>Parent &amp; Toddler Tennis</b><br><b>Term-time only.</b><br>Fun, games and skills development for 2 ½ -4 yr olds<br>£4.50 Pay on the day  | <b>SATURDAY FUN CLUBS</b><br><b>9.00-9.55 for 5-8 yrs &amp;</b><br><b>10.00-10.55 for 9 yrs +</b><br><b>Mem £3.50</b><br><b>Non-mem £4.50</b><br><b>PAY-ON-THE-DAY</b><br><span style="color: red;">■</span> <span style="color: orange;">■</span> <span style="color: green;">■</span> <span style="color: yellow;">■</span> | <b>SUNDAY FUN CLUB</b><br><b>9.30 - 10.25</b><br><b>For 5-10 yrs</b><br><b>Mem £3.50</b><br><b>Non-mem £4.50</b><br><b>PAY-ON-THE-DAY</b><br><span style="color: red;">■</span> <span style="color: orange;">■</span> <span style="color: green;">■</span>   |
|   |  |  | Courts available for Club play, Public Hire etc.  |   | <span style="color: yellow;">■</span> <b>8.30 - 9.55</b> <span style="color: green;">■</span><br><b>Ace Academy</b><br><b>Squad Green/Yellow</b>  | <b>9.45-10.25</b><br><b>Parent &amp; Toddler Tennis</b><br><b>£4.50 Pay on the day</b>   |
|   |  | <span style="color: red;">■</span> <span style="color: orange;">■</span> <span style="color: green;">■</span> <span style="color: yellow;">■</span><br><b>4.00-4.55</b><br><b>Red, Orange, Green &amp; Yellow Squads</b> | Courts available for Club play, Public Hire etc.  |   | <span style="color: yellow;">■</span> <b>10.00 - 10.55</b> <span style="color: orange;">■</span><br><b>Ace Academy</b><br><b>Squad Orange/Green</b>   | <i>Please ask for details on....</i>   |
| <span style="color: red;">■</span> <b>4.00-4.55</b> <span style="color: orange;">■</span><br><b>Red/Orange Squads</b> | <span style="color: yellow;">■</span> <b>4pm -4.55pm</b><br><b>Sportivate Girls Allowed (only)</b><br><b>11 yrs +</b><br><b>See Jon A for info</b> | <span style="color: green;">■</span> <b>5.00-5.55</b> <span style="color: yellow;">■</span><br><b>Green &amp; Yellow Squad</b>   | <span style="color: red;">■</span> <b>4.00-4.55</b><br><b>Mini Red Rising 5's 3-4 years +</b>                                   | <span style="color: orange;">■</span> <span style="color: green;">■</span><br><b>Junior Club Night</b><br><b>4.30 – 5.55</b><br><b>Members £3</b><br><b>Non-Members £4.50</b><br><b>Coach led singles, doubles and fun games</b><br><b>Starting 26/4/19</b> | <span style="color: pink;">■</span> <b>Disability Coaching Session</b><br><b>11.00-11.55</b><br>For all disabilities. Other family members welcome<br>Please call heron on 01637 877555   | <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> |
|   |  |  | <span style="color: yellow;">■</span> <b>4.30-5.55</b> <span style="color: yellow;">■</span><br><b>Ace Academy Squad Yellow</b> | <span style="color: orange;">■</span> <span style="color: green;">■</span> <span style="color: yellow;">■</span><br><b>6.00 – 7.55</b><br><b>Ace Academy Top Squad</b>  | <span style="color: pink;">■</span> <b>Wheelchair Tennis Sessions</b><br><b>12.00-1.25</b><br>Specialist Chairs provided  |  |
| <b>6.00 – 7.25</b> <span style="color: yellow;">■</span><br><b>Ace Academy Squad Yellow</b>                           | Courts available for Club play, Public Hire etc.   | Courts available for Club play, Public Hire etc.   |   |   | <span style="color: pink;">■</span>   | Courts available for Club play, Public Hire etc.   |
|   |  | <b>6.00-6.55</b><br><b>Cardio tennis fitness for 14 yrs+</b>   |   |   |   |  |

- 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



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