



Junior Coaching Programme - Term-time from 1st September 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.	<p style="text-align: center;">9.15-9.55 Parent & Toddler Tennis 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;">SATURDAY FUN CLUBS 9.00-9.55 for 5-8 yrs & 10.00-10.55 for 9 yrs + Mem £3.50 Non-mem £4.50 PAY-ON-THE-DAY</p>	<p style="text-align: center;">SUNDAY FUN CLUB 10.00 – 10.55 For 5-10 yrs Mem £3.50 Non-mem £4.50 PAY-ON-THE-DAY</p>
			Courts available for Club play, Public Hire etc.		<p style="text-align: center;">■ ■ ■ ■</p>	<p style="text-align: center;">10.15-10.55 Parent & Toddler Tennis £4.50 Pay on the day</p>
	<p style="text-align: center;">■ 4pm -4.55pm Sportivate Girls Allowed (only) 11 yrs + See Jon A for info</p>	<p style="text-align: center;">■ ■ ■ ■ 4.00-4.55 Red, Orange, Green & Yellow Squads</p>	Courts available for Club play, Public Hire etc.	Courts available for Club play, Public Hire etc.	<p style="text-align: center;">■ 8.30 -9.55 ■ Ace Academy Squad Green/Yellow</p>	<p style="text-align: center;">Please ask for details on....</p>
<p style="text-align: center;">■ 4.00-4.55 ■ Red/Orange Squads</p>		<p style="text-align: center;">■ 5.00-5.55 ■ Green & Yellow Squad</p>	<p style="text-align: center;">■ 4.30-5.55 ■ Ace Academy Squad Yellow</p>	<p style="text-align: center;">■ 10.00 -10.55 ■ Ace Academy Squad Orange/Green</p>	<p style="text-align: center;">■ 11.00-11.55 Ace Academy Squad Red</p>	<p style="text-align: center;">Ace Academy Performance Squads, Individual & Small Group Coaching, School Holiday Tennis & Multi-Skills Camps, Tennis Birthday Parties, Junior Socials, Tournaments & LTA Ratings Events, Mini Tennis & Full ball Match-plays, Team Tennis, Free British Tennis Membership plus Tennis Equipment Advice</p>
Courts available for Club play, Public Hire etc.	<p style="text-align: center;">■ 6.00-7.25 Yellow Squads A + B</p>	Courts available for Club play, Public Hire etc.	Courts available for Club play, Public Hire etc.	<p style="text-align: center;">■ 6.00 – 7.55 ■ Ace Academy Top Squad</p>	<p style="text-align: center;">■ Disability Coaching Session 11.00-11.55 For all disabilities. Other family members welcome Please call heron on 01637 877555</p>	<p style="text-align: center;">■ Wheelchair Tennis Sessions 12.00-1.25 Specialist Chairs provided</p>
<p style="text-align: center;">■ 6.00 – 7.25 ■ Ace Academy Squad Yellow</p>	Courts available for Club play, Public Hire etc.	<p style="text-align: center;">6.00-6.55 Cardio tennis fitness for 14 yrs+</p>			<p style="text-align: center;">■ Courts available for Club play, Public Hire etc.</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

General enquiries Tel: 01637 877 555 For Coaching enquiries Tel: 07790 017603 E-mail: herontennis@aol.com Web: www.heron-tennis.co.uk



Heron Tennis and Ace Tennis Coaching & Academy



Heron & Ace Tennis