



Ace's Junior Coaching Programme - Term-time from 1st April 2017



- 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.	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	SATURDAY FUN CLUBS 9.00-9.55 for 5-8 yrs & 10.00-10.55 for 9 yrs + Mem £3 Non-mem £4.50 PAY-ON-THE-DAY ■ ■ ■ ■	SUNDAY FUN CLUB 9.30 - 10.25 For 5-10 yrs Mem £3 Non-mem £4.50 PAY-ON-THE-DAY ■ ■ ■
			■ 12.00-12.55 Wheelchair Tennis For all ages		8.30 -9.55 ■ Ace Academy Squad Green/Yellow	9.45-10.25 Parent & Toddler Tennis £4.50 Pay on the day
■ 3.30-4.25 Sportivate Girls Allowed (only) 11 yrs + See Steve A for info		■ ■ ■ ■ 4.00-4.55 Red, Orange, Green & Yellow Squads			10.00 - 10.55 ■ Ace Academy Squad Orange	Please ask for details on.... Ace Academy Performance Squads, Individual & small group coaching, School Holiday Coaching Camps, Tennis Birthday Parties, Junior Socials, Tournaments & LTA Ratings Events, Mini Tennis & Full ball Match-plays, Team Tennis, Free British Tennis Membership, Tennis Equipment Advice
■ 4.00-4.55 ■ Red/Orange Squads	■ 4.30-5.55 ■ Ace Academy Green Yellow Squad	■ 5.00-5.55 ■ Green & Yellow Squad	■ 4.00-4.55 Mini Red Rising 5's 3-4 years	■ Junior Club Night ■ 4.30-5.55 ■ Coach-led session of Singles & Doubles matches plus fun games For players who are able to serve, score & play matches unsupervised Members £1.50 Non-mem £3	11.00-11.55 ■ Ace Academy Squad Red	
	■ 6.00-7.25 Yellow ball squads A + B	5.00-5.55 Ace Academy Strength, Speed & Conditioning with Charmaine			■ Disability Coaching Session 11.00-11.55 For all disabilities. Other family members welcome Please ask Paul for more details	
6.00 – 7.25 ■ Ace Academy Squad Yellow		6.00-6.55 Cardio tennis fitness for 14 yrs+		6.00 – 7.55 ■ Ace Academy Top Squad	■ Wheelchair Tennis Sessions 12.00-1.25 Specialist Chairs provided	

- 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 Licensed/Registered professional coaches

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Heron Tennis and Ace Tennis Coaching & Academy



Heron & Ace Tennis