

## Junior Tennis Programme Winter 2018-19

### GDTENNIS

#### Red Tennis Stage (3-8yrs)

Mini Red Tots	Saturday	09:15 – 10:00
Mini Tennis Red	Monday	16:30 – 17:30
Mini Tennis Red Invite	Tuesday	17:30 – 18:30
Mini Tennis Red	Wednesday	17:30 – 18:30
Mini Tennis Red Advanced Invite	Thursday	17:30 – 18:30
Mini Tennis Red Beginners/Improvers	Friday	17:30 – 18:30
Mini Tennis Red	Saturday	10:00 – 11:00

#### Orange Tennis Stage (9-10yrs)

Mini Orange Improvers	Monday	17:30 – 18:30
Mini Orange Advanced Invite	Tuesday	18:30 – 19:30
Mini Orange Improvers	Wednesday	18:30 – 19:30
Mini Orange Advanced Invite	Thursday	18:30 – 19:30
Mini Orange Beginners/Improvers	Friday	18:30 – 19:30
Mini Orange Beginners/Improvers	Saturday	10:00 – 11:00

#### Green Tennis Stage (10-11yrs)

Mini Green Advanced invite	Tuesday	18:30 – 19:30
Mini Green Improvers	Wednesday	19:30 – 20:30
Mini Green Advanced invite	Thursday	18:30 – 19:30
Mini Green Improvers	Saturday	11:00 – 12:00

#### Junior Squads (11yrs+)

Junior Beginners/Improvers	Wednesday	19:30 – 20:30
Yellow Advanced Invite	Thursday	19:30 – 20:30
Yellow Ball Improvers	Saturday	11:00 – 12:00

## Adult Tennis Programme Winter 2018-19

<b>Monday</b>	GDT Beginners Coaching	18:30 - 19:30	C
	GDT Improvers Coaching	18.30 - 19.30	B
	GDT Cardio Drills	19.30 - 20.30	A/B/C
	Club Night - Drills & Matchplay	19.30 - 21-00	B / C
<b>Tuesday</b>	Club Night - Matchplay	19.30 - 21.45	A
<b>Wednesday</b>	Club Morning - Drills & Matchplay	09.30 - 11.00	A/B
	Drills N'Thrills	11.00 - 12.30	A
<b>Thursday</b>	Drills N'Thrills	18.30 - 20.00	A
<b>Friday</b>	GDT Cardio Drills	07.45 - 08.45	A/B/C
<b>Sunday</b>	Club Morning	10.00 - 12.30	A/B

*Session suitable for A - Advanced, B - Intermediate, C - Beginner*

### Booking Junior Tennis Sessions

- All junior sessions are run by GDTennis. To register or to enquire, call GDTennis directly on 01189 477885 or email [info@gdtennis.co.uk](mailto:info@gdtennis.co.uk)

### Booking Adult Tennis Sessions

- To book an Adult GDT session call GDT directly on 01189 477885 or email [info@gdtennis.co.uk](mailto:info@gdtennis.co.uk)
- All other sessions are free to Club members and should be booked via Reception.
- Non-members are welcome but must pay the relevant fee
- Attendees should be aged 16+.