

Term 2 2023 Coaching Schedule, Mon 17 April - Sat 24th June (10 weeks)

Locations: Thorneside Tennis Centre (TT)/ Wondall Heights SS (Manly West)(WHSS)

CSS, TTC	CSS	WHSS, TTC	WHSS	TTC	TTC			
Monday	Tues	Wed	Thur	Friday	Saturday		Class Type	Time/\$
	7.30- 8.30 am (WHSS)	7.45-8.30am (WHSS)	7.30-8.30am (WHSS)		8.15-9am (TT)		<b>Red Ball (age 5-7)</b>	45min - \$18/class
Cardio Tennis 9.30-10.30am (TT)			Ladies Clinic 9.30-11.00am (TT)				<b>Orange Ball (age 8-10)</b>	1hr - \$20/class
3.15 -4.00pm (TT)		3.15 -4.00pm (WHSS)	4.15-5.00pm pm (TT)	3.15 -4.00pm (TT)	9.00-10.00am (TT)		<b>Green Ball (age 10-12)</b>	1hr - \$20/class
4.00-5.00pm (TT)	4.00pm- 5.00pm (TT)	4.00-5.00pm (WHSS)	5.00-6.00pm (TT)	4.00-5.00pm pm (TT)	10.00-11.00am (TT)		<b>Fixtures</b>	1.5hrs - \$12 (includes pizza)
Squad 5.00pm - 6.30pm (TT)	Squad 5.00pm - 6.30pm (TT)			Fixtures 5- 6.30pm (TT)			<b>Squad (age 10-16)</b>	1.5hr - \$27/class
Cardio 7.00- 8.00pm (TT)			Cardio 6.00- 7.00pm (TT)				<b>Cardio Tennis</b>	1hr - \$14/class
	Social 6.30-9.00pm (TT)		Adult Coaching 7.00-8.00pm (TT)				<b>Adult Group Coaching</b>	1hr - \$20/class
							<b>Social</b>	\$15 includes ct hire, balls and refreshments

