



2026 AUTUMN ADULT & JUNIOR GROUP COACHING SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 – 9am Improvers	8 – 9am Adult Level 2	7.30 - 8.30am Wednesday Doubles Training	8 – 9am Adult Level 3	8am – 9am Basic Skills & Adult Level 5	8.15 - 9am Tots	8.15 - 9am Tots
9 – 10am Basic Skills	9 - 10am Adult Level 1			9 – 10am Improvers & Adult Level 3	9 - 10am Mini Red, Red & Orange	9 - 10am Yellow Matchplay
	10 - 12pm Club Morning				10 - 11am Mini Red, Red & Green	10 - 11am Yellow Bronze
11 – 12pm Adult Level 3		11 - 12pm Adult Level 2		11 - 11.30am Pre-Tots 11.30 – 12pm Pre-Tots	11 - 12pm Yellow Bronze	11 - 12pm Adult Level 1
		12 – 1pm Adult Level 2		12 – 1pm Adult Level 3	12 - 1pm Yellow Silver	12 – 12.30pm Pre-Tots 12 - 1pm Cardio Drills
			1 – 2pm Adult Level 1		1 - 2.30pm Yellow Gold	1 – 2pm Yellow Silver
					2.30 – 3.30pm Orange/Green Matchplay	2 - 3pm Teens
		3.30 – 4.15pm THS years 1 & 2			3.30 – 4.30pm Cardio Drills	
4 - 5pm Tots, Mini Red & Red	4 - 5pm Tots, Mini Red & Red	4 - 5pm Tots, Mini Red & Red 4.15 – 5.15pm THS years 3 & 4	4 - 5pm Tots, Mini Red, Red & Red Team	4 - 5pm Mini Red, Red & Green		4 - 5pm Yellow Bronze
5 - 6pm Red, Orange & Orange Team	5 - 6pm Orange, Orange Team & Green Team	5 - 6pm Orange, Green & Yellow Gold	5 - 6pm Green Team, Green & Yellow Silver	5 - 6pm Green & Yellow Gold		5 – 6pm Yellow Silver
6 - 7pm Yellow Bronze	6 - 7pm Yellow Silver		6 - 7pm Adult Level 2	6 - 7pm Adult Level 1		
7 - 8pm Adult Level 2	7 - 8pm Yellow Silver		7 - 8pm Adult Level 3	7 - 8pm Basic Skills		
8 - 9pm Adult Level 3	8 - 9pm Improvers		8 - 9pm Adult Level 4			