



District Park Tennis Centre, Broadmeadow

COACHING TIMETABLE 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RED BALL HOT SHOTS 5 – 8 yrs (30 mins)	3:30 – 4.00pm 4:00 – 4:30pm	3:30 – 4.00pm 4:00 – 4:30pm	3:30 – 4.00pm 4:00 – 4:30pm	3:30 – 4.00pm 4:00 – 4:30pm 5:00 – 5:30pm	3:30 – 4.00pm 4:00 – 4:30pm	9:00 – 9:30am 9:30 – 10:00am 10:00 – 10:30am 10:30 – 11:00am
ORANGE BALL HOT SHOTS 7 – 9 yrs (1 hour)	3:30 – 4:30pm 4:30 – 5:30pm	3:30 – 4:30pm 4:30 – 5:30pm	3:30 – 4:30pm 4:30 – 5:30pm	3:30 – 4:30pm 4:30 – 5:30pm	3:30 – 4:30pm 4:30 – 5:30pm	9:00 – 10:00am 10:00 – 11:00am
GREEN BALL HOT SHOTS 9 – 12 yrs (1 hour)	3:30 – 4:30pm 4:30 – 5:30pm	3:30 – 4:30pm 4:30 – 5:30pm	3:30 – 4:30pm 4:30 – 5:30pm	3:30 – 4:30pm 4:30 – 5:30pm	3:30 – 4:30pm 4:30 – 5:30pm	9:00 – 10:00am 10:00 – 11:00am
YELLOW BALL JUNIOR GROUP 12 – 17 yrs (1 hour)	3:30 – 4:30pm 4:30 – 5:30pm	3:30 – 4:30pm 4:30 – 5:30pm	3:30 – 4:30pm 4:30 – 5:30pm	3:30 – 4:30pm 4:30 – 5:30pm	3:30 – 4:30pm 4:30 – 5:30pm	9:00 – 10:00am 10:00 – 11:00am
SQUADS 12 – 18 yrs (1 ½ hours)		5:30 – 7:00pm	5:30 – 7:00pm	5:30 – 7:00pm		
GREEN BALL HOT SHOTS TT 'ALL STARZ' SQUAD 9 – 12 yrs (1 ½ hours)		4:30 – 6:00pm				
YELLOW BALL TT 'ALL STARZ' SQUAD 12+ yrs Elite Juniors (1 ½ hours)	4:30 – 6:00pm	4:30 – 6:00pm		5:30 – 7:00pm		
ADULT GROUP COACHING 18+ yrs (1 ½ hours)	7:00 – 8:30pm	7:00 – 8:30pm	7:00 – 8:30pm	7:00 – 8:30pm		
EARLY CHILDHOOD GROSS MOTOR PROGRAM 3 – 5 yrs (30 mins)		9:00 – 9:30am 9:30 – 10:00am 10:00 – 10:30am			9:00 – 9:30am 9:30 – 10:00am 10:00 – 10:30am 10:30 – 11:00am	
LADIES FUN & FITNESS Coaching and Matchplay (1 ½ hours)		9:30 – 11:00am			9:30 – 11:00am	

