



Junior Programme

Day	Time	Ages
Monday	18.30 - 19.30	U18 Practice
Tuesday	16.00 - 17.00	Mini Red (6-8 Years)
Tuesday	17.00 - 18.00	Mini Red Squad (6-8 Years)
Tuesday	18.00 - 20.00	Individuals (Adult or Junior)
Wednesday	15.45 - 16.30	Mini Red (6-8 Years)

Wednesday	16.30 - 17.30	Mini Red/Orange (6-9 Years)
Wednesday	17.30 - 18.30	Mini Orange/Green (9-10 Years)
Thursday	16.00/16.15 (TBC) - 17.00	Mini Red (6-8 Years)
Thursday	17.00 - 18.00	Mini Orange (8-9 Years)
Thursday	18.00 - 20.00	Individuals (Adult or Junior)
Friday	17.00 - 18.00	Teenager Group
Friday	18.00 - 19.00	Junior Club Night - (3 rd February, 3 rd March & 7 th April) (All Ages)
Saturday	10.00 - 11.00	Mini Red (6-8 Years)
Saturday	11.00 - 12.00	Teenager Group
Saturday	13.00 - 14.00	Mini RED/Orange Matchplay (6-9 Years)

Adult Programme

Monday	10.30 - 12.00	Ladies Morning
Monday	18.30 - 19.30	Adult Drills
Wednesday	18.30 - 19.30	Adult Coaching
Friday	09.30 - 11.00	Ladies Morning
Saturday	14.00 - 15.00	Adult Drills with Emma & Children with Nick
Saturday	15.00 onwards	Club Afternoon

COACHING TERM DATES WITH HEAD LTA COACH EMMA SILCOCK

MONDAY 16TH JANUARY --- SATURDAY 1ST APRIL (10 WEEK TERM)

PLEASE NOTE NO COACHING DURING THE HALF TERM WEEK MONDAY 20TH FEBRUARY – SUNDAY 26TH FEBRUARY

NUMBER OF SESSIONS PER WEEK	COST PER 45 MINS (£7) (TOTAL COST BASED ON A 11 WEEK TERM)	COST PER HOUR (£8) (TOTAL COST BASED ON A 11 WEEK TERM)
1	£70	£80
2	£140	£160

ALL PAYMENTS FOR GROUP COACHING TO BE MADE IN FULL BY WEEK BEGINNING MONDAY 30TH JANUARY

HIGH LEGH TENNIS CLUB MEMBERSHIP FORMS ARE AVAILABLE FROM EMMA

PLEASE COMPLETE THIS FORM WITH PAYMENT AND RETURN TO EMMA.

**Emma Silcock
(Club Coach Award - Performance)
Head of Tennis
High Legh Tennis Club
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