



## Junior Programme

<b>Day</b>	<b>Time</b>	<b>Ages</b>
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 <sup>rd</sup> February, 3 <sup>rd</sup> March & 7 <sup>th</sup> 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 16<sup>TH</sup> JANUARY --- SATURDAY 1<sup>ST</sup> APRIL (10 WEEK TERM)**

**PLEASE NOTE NO COACHING DURING THE HALF TERM WEEK MONDAY 20<sup>TH</sup> FEBRUARY – SUNDAY 26<sup>TH</sup> FEBRUARY**

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

**ALL PAYMENTS FOR GROUP COACHING TO BE MADE IN FULL BY WEEK BEGINNING MONDAY 30<sup>TH</sup> 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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