

Section 3.1 – Tennis Programme

Flitwick & Ampthill Lawn Tennis Club 2015 Summer Coaching Programme

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| Monday: | 6.00p.m. – 7.00p.m. 7.00p.m. – 8.30p.m. 8.30p.m. – 10:00p.m. | Development Adult Coaching. Intermediate Adult Coaching. Advanced Adult Coaching. | |
| Tuesday: | 4.15p.m. – 5.00p.m. | Tiddlers | (Red balls) |
| Tuesday: | 5.00p.m. – 6.45p.m.ish | Invitation Tournament Squad. | |
| Wednesday: | 5.30p.m. – 7.-00p.m. | Matchplay for Intermediate & Advanced Juniors. | |
| Thursday: | 4.00p.m. – 5.00p.m. 5.00p.m. – 6.00p.m. 6.00p.m. – 7.00p.m. | Development Junior Intermediate Junior Advanced Junior | (Orange balls) (Green balls) (Yellow balls) |
| Friday Ladies Morning: | 9.15a.m. – 10.45a.m. | Fun morning with tactics for matchplay. (Term time only) | |
| Saturday: | 8.30a.m. – 9.15a.m. 9.00a.m. – 10.00a.m. 10.00a.m. – 11.00a.m. 11.15a.m. – 12.45p.m. | Tiddlers Development Junior. Intermediate Junior. Advanced Junior. | (Red balls) (Orange balls) (Green balls) (Yellow balls) |
| Sunday: | 11.30a.m. – 12.30p.m. | Cardio Tennis. Cardio tennis is a fun activity for anyone at any playing level looking for an enjoyable way to burn calories and interact with others. It is a high energy fitness activity that combines the best of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout plus improve your tennis! | |

Most courses have assistant coaches working with a senior coach who have generally been pupils from a young age and have now taken their 1st coaching award.

INDIVIDUAL COACHING is available from:-
Terry Mabbitt 07801 665656

Boglarka Berecz

Tom Cullens 07724 872567

