



release  
your  
potential

## **Coaching at Wollaston Tennis Club**

**OUR PROGRAMME: AUTUMN 2021**

**Autumn 2 – 1<sup>st</sup> Nov – 11<sup>th</sup> Dec inc**

### **Monday**

**4-4.30pm Youth Start Blue (tots - 3-5yrs)**

**4.30-5.15pm Youth Start Red (5-8yrs)**

**5.45-6.15pm Adult 'Blast' Session (basket fed drills with technical/tactical teaching points)**

**6.15-7.00pm Rusty Racquets Focus Group**

**7.05-7.50pm Cardio Tennis**

### **Wednesday**

**3.45-4.30pm Youth Start Blue (3-5yrs)**

**4.30-5.15pm Youth Start Red (5-8yrs)**

### **Thursday**

**5.00-5.45pm Youth Start Orange/Green (9-11yrs)**

**5.45-6.30pm Development Squad (13-17yrs)**

**6.30-7.30pm Team Training Focus Group**

### **Saturday**

**9.15-10.00am Youth Start Blue (3-5yrs)**

**10.00-10.45am Youth Start Orange/Green (8-11yrs)**

**10.00-10.45am Focus Group (13-17yrs)**

**10.45-11.45am Development Squad (12-15yrs)**

**Enrol and pay for a course - [sports4ultd.com](http://sports4ultd.com)**

**Head Coach: Richard Wheeler, Enquiries 07941 722980**