# St Anne's Waterford Tennis Club - Club Tennis Programme

## Junior Members - Summer Programme 2017

| Details | Dates | Group / Details | Mon | Tues | Wed | Thur | Fri | Sat | Delivered by |
|---|---|---|---|---|---|---|---|---|---|
| Free Junior Supervised Tennis Practice and Event | 24 July - 31 Aug | Year Round Saturday Programme continues… | | | | | | 1.30-4.30pm | Patrick + Staff |
| | | Red Ball Group | 10-11am | 2-3pm | | 10-11am | 2-3pm | | Assistant + Staff |
| | | Orange Ball Group | 11am-12 | 3-4pm | | 11am-12 | 3-4pm | | Assistant + Staff |
| | | Green Ball Group | 12-1pm | 4-5pm | | 12-1pm | 4-5pm | | Assistant + Staff |
| | | Yellow Ball Group | 12-1pm | 4-5pm | | 12-1pm | 4-5pm | | Assistant + Staff |
| | | Teenagers Social Tennis and Pizza | | | | | 5 -7pm | | Assistant + Staff |
| Tournament Junior's Drill Sessions | 24 July - 31 Aug | Green High Performance Drill Session | 2-3pm | | | | 5-6pm | | Assistant + Staff |
| | | Yellow High Performance Drill Session | 2-3pm | | | | 5-6pm | | Assistant + Staff |
| *Fitness For Tennis | 24 July - 29 Aug | Waterford Warriors - Physical FUNdamentals (6 Weeks) | | 5-6pm | | | | | Waterford Warriors |

## Senior Members - Summer Programme 2017

| Details | Dates | Group / Details | Mon | Tues | Wed | Thur | Fri | Sat | Managed by |
|---|---|---|---|---|---|---|---|---|---|
| *Senior Drill Sessions | 10 July - 31 Aug | Senior Drill and Point Play - Beginner | | 7-8pm | | 7-8pm | | | Emma |
| | | Senior Drill and Point Play - Intermediary and Advanced | | | 7-8pm | | | | Emma |
| | 24 July - 31 Aug | Stroke of the Week Group Lesson (all) | | | 11am-12 | | | | Emma |
| Social Senior Competitions | 10 July - 31 Aug | Social Doubles - Beginner | | | | | 7-9pm | | Assistant + Staff |
| | | Social Doubles - Intermediary and Advanced | | | | | | 6-8pm | Assistant + Staff |
| | 24 July - 31 Aug | Social Doubles - Beginner | 11-1pm | | | | | | Assistant + Staff |
| | | Social Doubles - Intermediary and Advanced | | 11-1pm | | | | | Assistant + Staff |
| *Fitness For Tennis | 10 July - 31 Aug | Cardio Tennis | | | 8-9pm | 8- 9pm | | | Patrick Mc |
| | 24 July - 31 Aug | Cardio Tennis | 10- 11am | | | 10-11am | | | Patrick Mc |
| | 24 July- 16 Aug | Pilates for Tennis (4 Week Programme) | | | 7-8pm | | | | Charlotte Hill |

## Coaching and Private Bookings

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| Coaching and Private Bookings | Private coaching, corporate tennis events, social tennis events, … can be arranged upon request |
| * Payment Required | |