

St Anne's Waterford Tennis Club - Club Tennis Programme

Junior Members - Summer Programme 2017

Details	Dates	Group / Details	Mon	Tues	Wed	Thur	Fri	Sat
Free Junior Supervised Tennis	24 July - 31 Aug	Red Ball (5-9 yrs)	10-11am	2-3pm		10-11am	2-3pm	
		Orange Ball (8-11yrs)	11am-12	3-4pm		11am-12	3-4pm	
		Green Ball (11+ yrs)	12-1pm	4-5pm		12-1pm	4-5pm	
		Yellow Ball (12+ yrs)	12-1pm	4-5pm		12-1pm	4-5pm	
	Teenagers Social Tennis and Pizza					5-7pm		
	8 July - 31 Aug	Year Round Saturday Programme continues...						1.30-4pm
Tournament Junior's Drill Sessions	24 July - 31 Aug	Green High Performance Drill Session	2-3pm				5-6pm	
		Yellow High Performance Drill Session	2-3pm				5-6pm	
*Fitness For Tennis	24 July - 29 Aug	Waterford Warriors - Physical FUNdamentals		5-6pm				

Senior Members - Summer Programme 2017

Details	Dates	Group / Details	Mon	Tues	Wed	Thur	Fri	Sat
*Senior Drill Sessions	24 July - 31 Aug	Stroke of the Week Group Lesson (all)			11am-12			
	10 July - 31 Aug	Adult Drill and Point Play - Beginner		7-8pm		7-8pm		
		Adult Drill and Point Play - Intermediary and Advanced			7-8pm			
Social Senior Competitions	24 July - 31 Aug	Social Doubles - Beginner	11-1pm					
		Social Doubles - Intermediary and Advanced		11-1pm				
	10 July - 31 Aug	Social Doubles - Beginner					7-9pm	
		Social Doubles - Intermediary and Advanced						6-8pm
*Fitness For Tennis	24 July - 31 Aug	Cardio Tennis	10- 11am			10-11am		
	10 July - 31 Aug	Cardio Tennis			8-9pm		5-6pm	
	24 July- 16 Aug	Pilates for Tennis (4 Week Programme)			7-8pm			

Coaching and Private Bookings

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Private coaching, corporate tennis events, social tennis events, ... can be arranged upon request

* Payment Required