## Templeogue Tennis Club Junior Coaching Schedule – Term 1 – 5<sup>th</sup> September to 5<sup>th</sup> December 2020

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AGE 4-5 Red Ball Tots	Monday 3-3.30pm	Tuesday 3-3.30pm	Thursday 3-3.30pm	Saturday 1 -12.30pm & 12.30-1pm	
AGE 5-6 Red Ball 1	Tuesday 3-4 pm 4-5 pm	Thursday 3.30-4.30pm	Saturday 12-1pm	Saturday 1-2pm	
AGE 7-8 Red Ball 2	Monday 3-4pm	Tuesday 3.30-4.30pm	Thursday 3.30-4.30pm	Saturday 12-1pm	
AGE 9-10 Orange Ball	Monday 4-5pm	Wednesday 3-4pm	Friday 3-4pm	Saturday 1-2pm	
AGE 10-13 Green Ball	Monday 5-6pm	Wednesday 3-4pm	Wednesday 4-5pm	Saturday 2-3pm	
AGE 9-11 ORANGE/GREEN BALL Club Performance	Monday 3.30-5pm	Wednesday 3-4.30pm	Thursday 4.30-6pm	Saturday 1-2.30pm	
AGE 11-14 GREEN/FULL BALL Club Performance	Monday 5-6.30pm	Tuesday 4.30-6pm	Wednesday 4.30-6pm	Friday 4-5.30pm	Saturday 2.30-4.30pm
Teen Beginner 13+ Gaeisce Award	Wed 5-6pm	Sat 4-5pm			
AGE 12+ FULL BALL - Club Development	Tuesday 5-6.30pm	Wednesday 4-5pm	Saturday 3-4.30pm		
AGE 15+ Advanced Performance	Tuesday 6-7.30pm	Friday 5.30-7pm	Saturday 4.30-6pm		
CARDIO Tennis 11+	Friday TBC	Sat 2-3pm			
Red Ball Match Play	Friday TBC				
Orange Match Play	Friday TBC				
Green Match Play	Friday TBC				