



WLTC Coaching Programme 2022



Mondays

- 4.15 – 5.15 pm: 11 & U Team Training
5.15 – 6.15 pm: Mini Red (ages 5-8)
6.15 – 7.45 pm: 12 & U Team Training

Tuesdays

- 1.30 – 3.00 pm: Ladies Doubles Training for Team Players

Wednesdays

- 4.00 – 5.00 pm: 10 & U Team Training
7.00 – 8.00 pm: Cardio Tennis

Thursdays

- 9.30 – 11.00 am: Mens & Ladies Doubles Training for Team Players

Saturdays

- 9.00 – 10.00 am: Cardio Tennis
10.00 – 11.00 am: Mini Blue (ages 2 to 4), Mini Red (ages 5 to 8),
Mini Orange (ages 8 & 9), Mini green (age 10)
Adult Tennis Xpress (Beginners & Improvers)
11.00 – 12.00 am: Junior Yellow (ages 11-18)
Adult Tennis Xpress (Beginners & Improvers)
12.00 – 1.30 pm: Mens & Ladies Doubles Training

Sundays

- 10.00 – 11.00 am: 8 & U Team Training

Adult sessions to be booked online

<https://clubspark.lta.org.uk/WestcliffLawnTennisClub/Coaching>

Junior sessions to be booked through Graham

**Any questions or requests for other groups,
please contact WLTC Head Coach Graham Boosey on
07745 943403 or email graham@gb-tennis.com**

