

# WESTCLIFF LAWN TENNIS CLUB

626 London Road Westcliff on Sea Essex S50 9HW

## Tennis Coaching

Head Coach  
Oli Mason

www.olimasontennis.co.uk  
Mobile 07898 946266

# LET'S PLAY TENNIS

**MON**

09:45-12:15  
Adult  
SOCIAL

16:00-17:00  
5-8 Yrs  
RED

17:00-18:00  
8-9 Yrs  
ORANGE

**TUE**

10:00-10:45  
3-4 Yrs  
TOT's

11:00-12:00  
Age 6-10  
Home School  
Group

12:00-13:00  
Age 11-16  
Home School  
Group

13:30-15:00  
Ladies Dbls  
COACHING

18:00-19:00  
U12  
YELLOW

19:15-20:45  
Adult RR  
COACHING

**WED**

18:00-19:00  
U16  
YELLOW

**THU**

19:00-20:30  
Adult Inter  
Coaching

**SAT**

09:00-10:00  
3-4 Yrs  
TOT's

09:00-10:00  
5-8 Yrs  
RED

10:00-11:00  
Adult  
CARDIO

10:00-11:00  
8-9 Yrs  
ORANGE

10:00-11:00  
10 Yrs  
GREEN

11:00-12:00  
U13 & U18  
YELLOW

11:00-12:00  
Adult  
BEGINNER &  
INTERMEDIATE

12:30-15:30  
Adult  
SOCIAL

**SUN**

09:30-12:30  
Adult  
SOCIAL

## Why Have Tennis Coaching

Participate in your first tennis coaching session for free!

Come join our group tennis lessons and elevate your game! Perfect for all skill levels, these sessions combine a friendly environment with supportive coaches.

Experience the difference firsthand, make new friends whilst learning, improving and making tennis part of a healthier lifestyle.

*For more information, please contact Oli or any of our coaches.*

All our coaches: are accredited, safeguarding & first aid qualified



