

# DUFFIELD LAWN TENNIS CLUB

## JUNIOR COACHING PROGRAMME



Day	Time	Group	Age	Dev/Perf
Monday	4:30PM - 5:30PM	Red	8 & Under	Dev
Tuesday	4:00PM - 5:00PM	Red/Orange	9 & Under	Dev
Tuesday	4:00PM - 4:45PM	Mini Tots	6 & Under	Dev
Tuesday	5:00PM - 6:00PM	Orange/Green	10 & Under	Dev
Wednesday	4:00PM - 5:00PM	Red/Orange/Green	10 & Under	Dev
Wednesday	4:00PM - 5:00PM	Green/U12	10 & Under	Perf
Wednesday	5:00PM - 6:00PM	U16	10 - 16 Years	Dev
Wednesday	5:00PM - 6:00PM	U18 Girls	11 - 18 Years	Perf
Thursday	4:00PM - 5:00PM	Red/Orange	9 & Under	Dev/Perf
Thursday	4:00PM - 5:00PM	U14	11 - 14	Perf
Thursday	5:00PM - 6:00PM	Orange/Green	10 & Under	Dev
Thursday	5:00PM - 6:00PM	U18	11 - 18 Years	Dev
Friday	5:00PM - 6:00PM	Green	10 & Under	Perf
Friday	5:00PM - 6:00PM	U18 Girls	11 - 18 Years	Dev
Saturday	9:00AM - 10:00AM	Red/Orange	9 & Under	Dev
Saturday	10:00AM - 11:00AM	Red/Orange	9 & Under	Dev
Saturday	11:00AM - 12:00PM	U14	10 - 14 Years	Dev

**Development Sessions** – These sessions are for children playing once a week and are new to the game.

**Performance Sessions** – These sessions are for children playing more than 3 times a week including individual lessons.

For further information, to book onto the coaching programme or to enquire about individual lessons please contact James Grindell –  
Head Coach.  
(details below)

[www.duffieldtennisclub.co.uk](http://www.duffieldtennisclub.co.uk)  

Membership Contact:  
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