

## JUNIOR PROGRAMME

MONDAY	18.30-19.30	Youth Green Advanced	Coaching	Junior	Joel
WEDNESDAY	17.00-18.00	Youth Red	Coaching	Junior	Joel
	18.00-19.00	Youth Orange	Coaching	Junior	Joel
	18.00-19.00	Youth Green	Coaching	Junior	Mike
	19.00-20.00	Youth Yellow	Coaching	Junior	Mike
FRIDAY	16.30-17.30	Youth Red	Coaching	Junior	Joel
	17.30-18.30	Youth Orange	Coaching	Junior	Joel
	18.30-19.30	Youth Green	Coaching	Junior	Joel
SATURDAY	09.00-10.00	Tots	Coaching	Junior	Ailsa
	10.00-11.00	Youth Red	Coaching	Junior	Ailsa
	10.00-11.00	Youth Orange	Coaching	Junior	Mike
	11.00-12.00	Youth Green/Yellow	Coaching	Junior	Ailsa
SUNDAY	13.00-16.00	Juniors	Matchplay	Junior	Joel

Tots: Age 3-4 Red: Age 5-8 Orange: Age 8-9 Green: Age 9-10 Yellow: Age 10+

**GDTennis sessions** - these are chargeable and open to both Health & Fitness Club members and non- members. Please book and pay via GDTennis: **T: 01189 477885 E: info@gdtennis.co.uk**

## ADULT PROGRAMME

MONDAY	09.30-10.30	Improvers	Coaching	Level 2	John
	10.30-11.30	Beginners	Coaching	Level 3	John
	18.30-19.30	Beginners	Coaching	Level 3	Mike
	19.30-20.30	Cardio Drills	Drills	All levels	Mike
TUESDAY	09.00-10.00	Pickleball	Drills & Matchplay		Joel
	19.00-21.15	Club Night	Matchplay	Level 1	John
WEDNESDAY	09.30-11.00	Club Morning	Drills & Matchplay	Level 2	John
	11.00-12.30	Thrills N' Drills	Drills & Coaching	Level 1	Mike
FRIDAY	10.00-11.00	Invincibles	Drills & Games	Invincibles	Joel
	11.00-12.00	Invincibles	Drills & Games	Invincibles	Joel
SATURDAY	11.00-12.00	Ladies Team Training	Coaching	Invitational	Mike
	17.30-19.00	Pickleball	Matchplay	All levels	No Coach
SUNDAY	10.00-13.00	Club Morning	Matchplay	Levels 1/2	No Coach

**Level 1:** Suitable for advanced players only    **Level 2:** Suitable for players of intermediate standard  
**Level 3:** Suitable for adult beginners/returners

Free sessions for Club members. Non-members can book places 2 days in advance for £8 a session

Chargeable GDTennis courses, open to both Health & Fitness Club members **and** non-members



## SPRING / SUMMER 2023 WELLINGTON PROGRAMME

### Adults

Beginners	Monday	18.30-19.30
	Wednesday	19.00-20.00
Mum's Beginners	Thursday	09.30-10.30
Walking Tennis	Thursday	10.30-11.30

### Juniors

Age 3-4	Saturday	09.00-10.00
Age 5-8	Wednesday	17.00-18.00
	Friday	16.30-17.30
	Saturday	10.00-11.00
Age 8-10	Wednesday	18.00-19.00
	Friday	17.30-18.30
	Saturday	10.00-11.00
Age 9-13	Wednesday	18.00-19.00
	Friday	18.30-19.30
	Saturday	11.00-12.00



**FREE**  
Racket for  
all **NEW**  
customers

**BOOK YOUR FREE TRIAL TODAY!**

Cost from £8.00 per session over a 12-15 week term

For more information on prices and booking contact GDTennis:

**T: 01189 477885 · E: [info@gdtennis.co.uk](mailto:info@gdtennis.co.uk) · [www.gdtennis.co.uk](http://www.gdtennis.co.uk)**

Wellington Health & Fitness Club · Dukes Ride · Crowthorne RG45 7PT