



# COACHING PROGRAMME

## JANUARY TO JULY 2010

The table below shows the planned coaching programme for the first half of 2010. Courses are organised to coincide with the published East Sussex school holiday schedule so that there are no course sessions during school holidays including half-terms. Additional daytime courses, aimed at juniors, may be organised during the longer holidays of Easter and Summer.

	Junior	Adult
Weekday	<i>Monday</i>	<i>Tuesday</i>
Course Name	Dates	Dates
Winter	<i>January 4, 11, 18, 25 February 1, 8</i>	<i>January 5, 12, 19, 26 February 2, 9</i>
Spring	<i>February 22 March 1, 8, 15, 22, 29</i>	<i>February 23 March 2, 9, 16, 23, 30</i>
Early Summer	<i>April 19, 26 May 3, 10, 17, 24</i>	<i>April 20, 27 May 4, 11, 18, 25</i>
Late Summer	<i>June 7, 14, 21, 28 July 5, 12, 19</i>	<i>June 8, 15, 22, 29 July 6, 13, 20</i>

All sessions are limited to 8 players occupying 1 or 2 of the club's floodlit courts.

Junior sessions start at 3.30pm and finish at 5.00pm, lasting 30 minutes and an hour respectively, with the opportunity to extend to 6.00pm as attendance increases. The sessions reflect different ages and abilities and players may move from one group to another as the courses progress.

A single adult session starts at 7.00pm and ends at 8.00pm. A second course will be added from 8.00pm to 9.00pm should the first course be over-subscribed.

Please check the club website [www.plumptontennisclub.org.uk](http://www.plumptontennisclub.org.uk) for further details.