

What's Available to You, by Club Colour, in the West Hants Tennis Programme

Group Coaching (set no. of weeks)	Pay & Play Coaching (book ahead)	Competitive Play	Social Play
Yellow squad: Tuesday – 6.30-7.30pm	Ladies Morning Green & Below: Tuesdays – 9.30-11.00am Friday – 11.00am-12.30pm Club Afternoon: Saturday – 3.30-4.30pm One to one coaching	Box Leagues – Singles, Doubles, Mixed	Club Night: Tuesday – 7.30-9.00pm Special Adult Events
Yellow squad: Tuesday – 6.30-7.30pm Short Courses: Wednesday – 9.30-10.30am	Ladies Morning Green & Below: Tuesdays – 9.30-11.00am Friday – 11.00am-12.30pm Club Afternoon: Saturday – 3.30-4.30pm Cardio Tennis: Thursday – 7.30-8.30am One to one coaching	Box Leagues – Singles, Doubles, Mixed	Club Night: Tuesday – 7.30-9.00pm Special Adult Events
Green squad: Monday – 6.30-7.45pm Short Courses: Wednesday – 9.30-10.30am Sunday – 11.30am -12.30pm	Ladies Morning Green & Below: Tuesdays – 9.30-11.00am Friday – 11.00am-12.30pm Cardio Tennis: Thursday – 7.30-8.30am One to one coaching	Box Leagues – Singles, Doubles, Mixed Progressive Singles Draws Club Tournaments	Club Night: Thursday – 6.30-10.00pm Club Afternoon: Saturday – 4.30-6.30pm Special Adult Events
Brown Squad: Monday – 6.30-7.45pm Wednesday – 6.30-7.30pm Short Courses: Thursday – 9.30-10.30am Sunday – 11.30am-12.30pm	Ladies Morning Brown & Above: Tuesdays – 9.30-11.00am Tuesdays – 11.00am – 12.30pm (mixed) Fridays – 9.30-11.00am Men's Hitters: Wednesday – 6.30-7.45pm Sunday – 9.15-10.30am One to one coaching	Box Leagues – Singles Doubles, Mixed Progressive Singles Draws Club Tournaments Lower West Hants Team Tennis	Club Night: Thursday – 6.30-10.00pm Club Afternoon: Saturday – 4.30-6.30pm Special Adult Events
Blue Squad: Monday – 7.45-9.00pm Short Courses: Thursday – 9.30-10.30am Sunday – 11.30am-12.30pm	Ladies Morning Brown & Above: Tuesdays – 9.30-11.00am Tuesdays – 11.00am – 12.30pm (mixed) Fridays – 9.30-11.00am Men's Hitters: Wednesday – 6.30-7.45pm Sunday – 9.15-10.30am One to one coaching	Box Leagues – Singles Doubles, Mixed Progressive Singles Draws Club Tournaments Lower to Middle West Hants Team Tennis	Club Night: Thursday – 6.30-10.00pm Club Afternoon: Saturday – 4.30-6.30pm Special Adult Events
Pink and Above Squad: Tuesday – 7.45-9.00pm Short Courses: Thursday – 9.30-10.30am Sunday – 11.30am-12.30pm	Ladies Morning Pink & Above: Fridays – 11.00am to 12.30pm Men's Hitters: Wednesday – 6.30-7.45pm Sunday – 9.15-10.30am Sunday Invitational – 6.30-8.30pm One to one coaching	Box Leagues – Singles Doubles, Mixed Club Tournaments Middle to Upper West Hants Teams	Club Night: Thursday – 6.30-10.00pm Club Afternoon: Saturday – 4.30-6.30pm Special Adult Events
Pink and Above Squad: Tuesday – 7.45-9.00pm	Sunday Invitational – 6.30-8.30pm One to one coaching	Club Tournaments Upper West Hants Teams	

