



LINLITHGOW TENNIS CLUB
COACHING PROGRAMME 2021



The programme is led by our enthusiastic team of coaches headed up by Level 4 Performance coach, Gordon Watson. All coaches are LTA qualified, disclosure checked and First Aid trained. If you are interested in a place, contact Gordon on 07753 809122 or email: gordonwatson@totaltenniscoaching.com

Mondays

3.45 - 4.45pm **Mini Red** 8U (5 - 8 years)
4.30 - 5.30pm **Mini Orange / Green** (9 -12 years)
5.30 - 6.30pm **Yellow** Development Squad (13 - 16 years)

Tuesdays

3.45 - 4.45pm **Mini Red** (5 - 8 years)
4.45 - 5.45pm **Mini Orange / Green** (9 - 12 years)
4.30 - 5.30pm **Mini Green / Yellow** (10 - 12 years)
5.30 - 6.30pm **Yellow** advanced squad (15 - 16 years)
7.30 - 8.30pm **Adult** coaching

Wednesdays NEW

3.30 - 5pm Coach-led Junior Club Night (5 - 8 years)
5 - 6.30pm Coach-led Junior Club Night (9 - 12 years)

Thursdays NEW

4 - 5pm LTA Youth Start Programme (5 - 11 years)
5 - 6pm LTA Youth Start Programme (5 - 11 years)

Fridays

1 - 2pm **Mini Red** 8U (5 - 8 years)
2 - 3pm **Mini Orange / Green** (9 - 12 years)
3 - 4pm **Yellow** Youth 16U (13 - 16 years)
4 - 5.30pm **Yellow** advanced squad 18U (14 - 17 years)
7.30 - 9pm NEW Junior Club Night (13 - 17 years)

Saturdays

9 - 10am **Mini Red** (5 - 8 years) new starts
10 - 11am **Mini Red** advanced (7 - 8 years)
11am - 12pm **Mini Orange / Green** (9 -10 yrs)
12 - 1pm **Yellow** (11- 13 years)
4 - 8pm Junior social tournaments monthly

Sundays NEW

12 - 1pm Coach-led Junior Club Afternoon (5 - 8 years)
1 - 2.30pm Coach-led Junior Club Afternoon (9 - 12 years)
2.30 - 4pm Coach-led Junior Club Afternoon (13 - 17 years)
7.30 - 8.30pm **Adult** coaching

One-to-one lessons also available by arrangement with the Head Coach
All queries to Gordon at gordonwatson@totaltenniscoaching.com or 07753 809122.