

Adult Coaching Programme Autumn 2024



Day	Group	Time	Court	Experience	Coach
Mon	Daytime Drills	11am-12.30pm	Indoor 1, 2	Intermediate	Jerry Rose
Wed	Daytime Drills	10-11.30am	Indoors 1, 2, 3	Intermediate	Jerry Rose
Thurs	Cardio Tennis	9-10am	Indoor 1	All	Joe Tirrell
Fri	Adult Improvers 1	9.30-11am	Indoor	Intermediate	Rob McDowell
	Adult Beginners	7-8pm	Carpet 1, 2	Beginner	Ethan Rouget
Sat	Adult Improvers 2	10-11.30am	Clay 1, 2, 3	Intermediate	Keith Lancaster

Ages
18+

Bookings: Go to: www.drhsports.co.uk
Info: lstccoaching@drhsports.co.uk

Autumn 2024: 15 weeks
Dates: Sept 2nd – Dec 21st

