

Coaching Schedule
Monday 16th August - Sunday 24th October

Monday		
Time	Activity	Location
10.00-11.00	Ladies Beginner Tennis	TC 1&2
12.00-12.30	Rugby Tots 2-3yrs	Lawn
12.40-13.10	Rugby Tots 2-3yrs	Lawn
13.00-14.00	Ladies Beginner Golf	Various
13.20-14.05	Rugby Tots 4-5yrs	Lawn
14.00-15.00	Ladies Improvers Golf	Various
14.15-15.00	Rugby Tots 4-5yrs	Lawn
15.00-16.00	Mens Golf	Various
16.00-17.00	Kids Tennis 5-7yrs	TC 1&2
16.30-17.30	Kids Golf 8-12yrs	Various
17.00-18.00	Kids Tennis 8-11yrs	TC 1&2

Tuesday		
Time	Activity	Location
09.45-10.15	Parent & Toddler Swim <2yrs	Pool
10.00-11.00	Ladies Beginners Tennis	TC 1&2
10.15-10.45	Parent & Toddler Swim 2-3yrs	Pool
10.45-11.15	Parent & Toddler Swim 3-4yrs	Pool
13.15-14.45	Parent & Toddler Swim 3-4yrs	Pool
13.45-14.15	Parent & Toddler Swim 3-4yrs	Pool
14.00-15.00	Ladies Improvers Golf	Various
16.00-16.30	Learn To Swim Beginners	Pool
16.30-17.00	Learn To Swim Beginners	Pool
17.15-18.00	Learn To Swim Improvers	Pool

Wednesday		
Time	Activity	Location
11.00-12.00	Ladies Improvers Tennis	TC 1&2
14.00-15.00	Ladies Improver Golf	Various
16.00-16.30	Learn To Swim Beginners	Pool
16.30-17.00	Learn To Swim Beginners	Pool
17.15-18.00	Learn To Swim Improvers	Pool

Thursday		
Time	Activity	Location
16.00-17.00	Kids Tennis 5-7yrs	TC 1&2

Friday		
Time	Activity	Location
15.00-15.30	Gymnastics 3-4yrs	S1
15.40-16.25	Gymnastics 5-6yrs	S1
16.35-17.20	Gymnastics 7-8yrs	S1
18.40-19.40	Karate Club	S1

Saturday		
Time	Activity	Location
10.00-10.30	Hip Hop 4-6yrs	S2
10.35-11.20	Hip Hop 7-10yrs	S2
16.00-17.00	Beginners Karate	S1