



Southdown Tennis junior programme

DAY	AGES 4/8 RED BALL	AGES 8-10 ORANGE	AGES 9-10	AGES 11+ YELLOW BALL	YELLOW BALL PERFORMANCE INVITE ONLY
MONDAY	4:30-5:30 Lizzy	4:30-5:30 Keith	5:30-6:30 Keith Invite only	5:30-6:30 Ellie 10+ 6:30-8 Ryan Improvers 14+	6:30-8:00 Development performance Ellie 14+
TUESDAY	4:30-5:30 Girls only -Sam			6:30-8:00 Ryan 12+	
WEDNESDAY	4:30-5:30 Ellie & Adrian		5:30-6:30 Adrian &Ryan		
THURSDAY				5:30-6:30 Ellie 12+	
FRIDAY					
SATURDAY	9:00- 10:00 Lizzy	9:00-10:00 Sam ORANGE	10:00-11:00 Green Adrian Invite only	10:00-11:00 Yellow ball Lizzy	

If you have any questions
please email
[coaching@southdownsport
sclub.co.uk](mailto:coaching@southdownsport
sclub.co.uk)

We welcome all ability's if
you don't know what group
would be appropriate
please get in contact with
our coaching team via the
email above and Ryan will
get back to you.

We look forward to seeing
you on the court.

M