



Southdown Tennis Adult Programme

DAY	BEGINNERS	IMPROVER	INTERMEDIATE	ADVANCED	SOCIAL TENNIS Free to members
MONDAY				8:00-9:30pm Men's training Sam	11:00am-12:30pm Ball bashers Improver Contact Molly
TUESDAY	7:00-8:00pm Beginners Ellie				
WEDNESDAY					Club evening 5:00-8:00pm
THURSDAY		12:30-1:30pm Improver Ellie		6:00-7:30pm Ladies training Lizzy	
FRIDAY					social Intermediate 11-12:30pm
SATURDAY			10:00-11:00am Intermediate Sam	12.00-1.00pm Beg/Improver course Lizzy	Club afternoon 2pm-5pm

We welcome all abilities.

If you have any questions, please contact Ryan on coaching@southdownsportsclub.co.uk

We look forward to seeing you on court

