



Southdown Tennis adult programme

If you have any questions please email coaching@southdownsportsclub.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.

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 6:00-8:00pm
THURSDAY		12:30-1:30pm Improver Ellie		6:00-7:30pm Ladies training Lizzy	
FRIDAY					social Intermediate 11-12:30pm
SATURDAY	12:00-1:00 Beginner/ improver		10:00-11:00am Intermediate Sam		Club afternoon 2pm-5pm

