

# Duffield Lawn Tennis Club Junior Coaching Programme



Day	Time	Group	Age	Dev/Perf
Monday	4:30PM – 5:30PM	Red	8 & Under	Dev
Tuesday	4:00PM – 5:00PM	Red/Orange	9 & Under	Dev
Tuesday	4:00PM – 4:45PM	Mini Tots	6 & Under	Dev
Tuesday	5:00PM – 6:00PM	Orange/Green	10 & Under	Dev
Wednesday	4:00PM – 5:00PM	Red/Orange/Green	10 & Under	Dev
Wednesday	4:00PM – 5:00PM	Green/U12	10 & Under	Perf
Wednesday	5:00PM – 6:00PM	U16	10 – 16 Years	Dev
Wednesday	5:00PM – 6:00PM	U18 Girls	11 – 18 Years	Perf
Thursday	4:00PM – 5:00PM	Red/Orange	9 & Under	Dev/Perf
Thursday	4:00PM – 5:00PM	U14	11 – 14 Years	Perf
Thursday	5:00PM – 6:00PM	Orange/Green	10 & Under	Dev
Thursday	5:00PM – 6:00PM	U18	11 – 18 Years	Dev
Friday	5:00PM – 6:00PM	Green	10 & Under	Perf
Friday	5:00PM – 6:00PM	U18 Girls	11 – 18 Years	Dev
Saturday	9:00AM – 10:00AM	Red/Orange	9 & Under	Dev
Saturday	10:00AM – 11:00AM	Red/Orange	9 & Under	Dev
Saturday	11:00AM – 12:00PM	U14	10 – 14 Years	Dev

**Development Sessions** – These sessions are for children playing once a week and are new to the game.

**Performance Sessions** – These sessions are for children playing more than 3 times a week including individual lessons.

For further information, to book onto the coaching programme or to enquire about individual lessons please contact James Grindell – Head Coach.

**For all coaching information contact Head Coach James Grindell**  
**07968058383 | james.grindell@btinternet.com**