

Programme for Half Day (9am – 12pm)

08:30 - 09:00	Sign in (registration)
09:00 - 09:15	Warm-up with footwork exercises
09:15 - 10:30	Technical Tuition
10:30 - 11:00	Break (snack)
11:00 - 12:00	Drills and Games
12:00 - 12:10	Sign out (collection)

Programme for Full Day (9am – 3pm)

08:30 - 09:00	Sign in (registration)
09:00 - 09:15	Warm-up with footwork exercises
09:15 - 10:30	Technical Tuition
10:30 - 11:00	Break (snack)
11:00 - 13:00	Drills and Technical Tuition with Games
13:00 - 14:00	Lunch
14:00 - 15:00	Competition and Games
15:00 - 15:10	Sign out (collection)

Active Tennis coaches have the knowledge and experience to offer a superb environment for your child to have a great tennis experience, whether for the first time or an improving player. All lead coaches are professionally qualified, licensed, insured and CRB checked. There will be a number of assistant coaches who have worked with us before and fully understand the programme.

The Active Tennis coaching team will split the groups according to age and ability and are constantly monitored on a day to day basis.

We will always use the indoor courts during bad weather.