



Penns Tennis Club

Adult Programme - Summer 2017

Day	Session	Time
Monday	Ladies Match Night Mens Team Practice	6.15pm 6.30pm – 8pm
Tuesday	Social Tennis Ladies Coaching - Beginners	6.30pm – 8.30pm 7pm – 8pm
Wednesday	Ladies Coaching – Improvers Mens Match Night	7.15pm – 8.30pm 6.15pm
Thursday	Ladies Coaching – Improvers/ Intermediate Mixed Match Night	1.30pm - 3pm 6.30pm
Friday	Ladies Coaching – Intermediate	9.30am – 11am
	Social Tennis	10am – 12pm
	Social Tennis	6.30pm – 8.30pm
Saturday	Ladies Team Practice Social Tennis Cardio Tennis	9am – 10.30am 10am – 11.30am 11.30am – 12.15pm

**For more information or advice on the appropriate session for you
please call or email:**

Ian Ericksen (Head Coach)
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