



# Ealing Lawn Tennis Club

## COACHING AND ORGANISED TENNIS WEEKLY STRUCTURE

(As of 10/02/2019)

DAY / TIME	SESSION CONTENT	COACH / ORGANISER
Monday 19:00 – 20:00	<b>CARDIO TENNIS</b>	Gham Patel
Mon, Tues, Wed, Fri 10:00 – 13:0	<b>LADIES MORNING</b>	HC Tennis
Tuesday 14:00 – 16:00	<b>MID-WEEK AFTERNOON SOCIAL</b>	Participants
Wednesday From 18:00 (Dinner 20:00)	<b>WEDNESDAY EVENING SOCIAL</b>	Janice Coulthard Mike Derome
Wednesday 19:00 – 20:00	<b>CARDIO TENNIS</b>	Gham Patel
Thursday 10:00 – 12:00	<b>DROP-IN SOCIAL</b>	HC Tennis
Thursday 14:00 – 16:00	<b>MID-WEEK AFTERNOON SOCIAL</b>	Participants
Saturday 11:15 – 12:15	<b>CARDIO TENNIS</b>	Gham Patel
Sunday 11:00 – 12:00	<b>ADULT GROUP COACHING (INTERMEDIATE)</b>	HC Tennis (Akash)
Sunday 18:00 – 19:30	<b>TEAM PRACTICE</b>	First team players

### ELTC JUNIOR COACHING PROGRAMME

Monday – Friday and Saturday morning - George Matheou

### INDIVIDUAL COACHING

Is available with the ELTC coaching team (within the Court Usage Policy)

\* Contact coaches directly for costs and availability