

# Millswood (Adelaide) Coaching & Program Timetable

## Term 4 2020



### Bookings

Unsure about which class you will be in?  
Email us at  
[tennisworldmillswood@tennis.com.au](mailto:tennisworldmillswood@tennis.com.au)

### Private Lessons

Are available for all  
ages and standards

### Gift Cards

Give the gift of tennis with a  
gift voucher. Call us today!



|                               | Mon   | Tues  | Wed   | Thurs  | Fri                                    | Sat                                     | Sun |
|-------------------------------|---|---|---|--|--|---|-----|
| <b>Morning</b>                | <b>Ladies Social Tennis</b><br>9.30am                   | <b>Cardio Tennis</b><br>9.45am – 10.30am    | <b>Ladies Social Tennis</b><br>9.30am             |  |  | <b>HS Red Stage</b><br>9am – 9.30am     |     |
|                               |   |   | <b>Ladies Coach and Play</b><br>9.30am – 11.30am  |  |  | <b>Orange Stage</b><br>9.30am – 10.30am |     |
|                               |   |   |   |  |  |   |     |
| <b>Afternoon/<br/>Evening</b> | <b>HS Red Stage</b><br>4pm – 4.30pm                     | <b>HS Red Stage</b><br>4pm – 4.30pm         | <b>HS Red Stage</b><br>4pm – 4.30pm               | <b>HS Blue Stage</b><br>3.30pm – 4pm                 | <b>HS Red Stage</b><br>4pm – 4.30pm    |   |     |
|                               | <b>Junior Group</b><br>4.30pm – 5.30pm                  | <b>Performance Group</b><br>5.30pm – 7.30pm | <b>Junior Group</b><br>4.30pm – 5.30pm            | <b>HS Red Stage</b><br>4pm – 4.30pm                  | <b>Orange Stage</b><br>4.30pm – 5.30pm |   |     |
|                               | <b>Adult Group – Intermediate/Advanced</b><br>6pm – 7pm | <b>Private Lessons</b>                      | <b>Adult Group - Beginners</b><br>6.00pm – 7.00pm | <b>HS Green/<br/>Orange Stage</b><br>4.30pm – 5.30pm | <b>Private Lessons</b>                 |   |     |
|                               | <b>Private Lessons</b>                                  |   | <b>Private Lessons</b>                            | <b>Cardio Tennis</b><br>5.45pm – 6.30pm              |  |   |     |
|                               |   |   | <b>Mixed Social Tennis</b><br>7pm – 10pm          | <b>Private Lessons</b>                               |  |   |     |
|                               |   |   |   |  |  |   |     |

Please

Note: Classes are subject to change and class times might vary

#### Ladies Coach and Play

Sessions are available to women of all ages and standards. The two-hour session includes coaching and match-play.

#### Social Leagues

Social leagues allow players to compete in a social and friendly environment. We offer both a ladies and mixed league.

#### Private Lessons

Private lessons can be arranged at most days/times. Please contact [tennisworldmillswood@tennis.com.au](mailto:tennisworldmillswood@tennis.com.au) for lesson enquiries.