

Millswood (Adelaide) Coaching & Program Timetable

Term 1 2022



Bookings

Unsure about which class you will be in?
Email us at
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
Morning	Ladies Social Tennis 9.30am		Ladies Social Tennis 9.30am			HS Red Stage 9am – 9.30am	
			Ladies Coach and Play 9.30am – 11.30am			Orange Stage 9.30am – 10.30am	
Afternoon/ Evening	HS Red Stage 4pm – 4.30pm	HS Red Stage 4pm – 4.30pm	Private Lessons	HS Blue Stage 3.30pm – 4pm	HS Red Stage 4pm – 4.30pm	Private Lessons	
	Junior Group 4.30pm – 5.30pm	HS Green Stage 4.30pm – 5.30pm	Adult Group – Entry Level 6.00pm – 7.00pm	HS Red Stage 4pm – 4.30pm	Orange Stage 4.30pm – 5.30pm		
	Adult Clinic 6pm – 7.30pm *Aimed at intermediate and above players	Performance Group 5.30pm – 7.30pm	Mixed Social Tennis 7pm – 10pm	Orange Stage 4.30pm – 5.30pm	Private Lessons		
	Private Lessons	Private Lessons		Cardio Tennis 6pm – 6.45pm			
				Private Lessons			

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. Teams set in league, but we can add players to a fill in list. 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 for lesson enquiries.