

Millswood (Adelaide) Coaching & Program Timetable

Term 4 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		Cardio Tennis 9.30am – 10.15am	HS Red Stage 9am – 9.30am	
					HS Blue Stage 10.15am – 10.45am	Orange Stage 9.30am – 10.30am	
					Ladies Coach and Play 10.30am – 11.30am	Private Lessons	
Afternoon / Evening	Monday Mini Matchplay 4.30pm - 6pm	HS Red Stage 4pm – 4.30pm	Private Lessons	HS Red Stage 4pm – 4.30pm & 4.30pm – 5pm	HS Red Stage 4pm – 4.30pm		
	Private lessons 6pm – 8pm	HS Green Stage 4.30pm – 5.30pm	Adult Group – Beginners 6.00pm – 7.00pm	Orange Stage 5pm – 6pm	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	HS Green Stage 5pm – 6pm	Private Lessons		
	Private Lessons	Private Lessons		Junior Group (Yellow Ball) 6pm – 7pm			

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 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.