

# Millswood (Adelaide) Coaching & Program Timetable

## Term 1 2023



### 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> 9.30am		<b>Ladies Social Tennis</b> 9.30am			<b>HS Red Stage</b> 9am – 9.30am	
		<b>Brunch Bash Cardio Tennis</b> 11am – 12pm		<b>Brunch Bash Cardio Tennis</b> 11am – 12pm	<b>HS Blue Stage</b> 10.15am – 10.45am	<b>HS Orange Stage</b> 9.30am – 10.30am	
					<b>Extended Brunch Bash</b> 11am – 12.30pm (Friday Brunch Bash coaching, cardio & social hitting)		
<b>Afternoon / Evening</b>	<b>HS Red Stage</b> 4pm – 4.30pm	<b>UTR Match Play</b> From 4pm	<b>Junior Development Squad</b> 4.30pm – 6pm	<b>HS Blue Stage</b> 3.30pm – 4pm <b>HS Red Stage</b> 4pm – 4.30pm	<b>HS Red Stage</b> 4pm – 4.30pm		
	<b>HS Orange Stage</b> 4.30pm – 5.30pm	<b>Music Match Play</b> 4.30pm – 6pm	<b>Adult Group – Beginners</b> 6.00pm – 7.00pm	<b>HS Orange Stage</b> 4.30pm – 5.30pm	<b>HS Orange Stage</b> 4.30pm – 5.30pm		
	<b>HS Green Stage</b> 4.30pm – 5.30pm <b>Junior Squad</b> 5.30pm – 6.30pm		<b>Mixed Social Tennis</b> 7pm – 10pm	<b>HS Green Stage</b> 5.30pm – 6.30pm			
	<b>Adult Clinic</b> 6pm – 7.30pm *Aimed at intermediate and above players			<b>Junior Group</b> 6.30pm – 7.30pm			

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

### 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](mailto:tennisworldmillswood@tennis.com.au) for lesson enquiries.