

Letchworth Sports & Tennis Club

Adult Coaching Programme

Spring 2024



**Ages
18+**

| Day | Group | Time | Court | Experience | Coach |
|-------|-------------------|--------------|-----------------|--------------|-----------------|
| Mon | Daytime Drills | 11am-12.30pm | Indoor 1, 2 | Intermediate | Jerry Rose |
| Tues | Adult Beginners | 7-8pm | Indoor 1, 2, 3 | Beginner | Ethan Rouget |
| Wed | Daytime Drills | 10-11.30am | Indoors 1, 2, 3 | Intermediate | Jerry Rose |
| Thurs | Cardio Tennis | 9-10am | Indoor 1 | All | Joe Tirrell |
| Fri | Adult Improvers 1 | 9.30-11am | Indoor | Intermediate | Dominic R-H |
| | Cardio Tennis | 7-8pm | Indoor | All | Joe Tirrell |
| Sat | Adult Improvers 2 | 10-11.30am | Clay 2, 3 | Intermediate | Keith Lancaster |

Bookings: Go to: www.drhsports.co.uk
 Info: lstccoaching@drhsports.co.uk

Spring 2024: 11/12 weeks
Dates: Jan 3rd – Mar 28th

