



2020 Coaching Timetable

Junior Development Pathway	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tennis Free Play	3:15 - 4:00pm	3:15 - 4:00pm	3:15 - 4:00pm	3:15 - 4:00pm	3:15 - 3:45pm	8:00 - 11:30am
Blue Group (Ages 3-6)		3:00 - 3:30pm 3:30 - 4:00pm		3:00 - 3:30pm 3:30 - 4:00pm	3:15 - 3:45pm	
Red 1 Group (Ages 5-7)	3:20 - 4:00pm	4:00 - 4:45pm	3:20 - 4:00pm 4:00 - 4:45pm	3:20 - 4:00pm	3:45pm - 4:30pm	
Red 2 Group (Ages 6-8)	3:20 - 4:00pm	3:20 - 4:00pm	3:20 - 4:00pm	4:00 - 4:45pm		
Red Match Play (Ages 6-8)					3:45 - 5:15pm	
Orange Group (Ages 7-11)	3:20 - 4:00pm 4:00 - 4:45pm	3:20 - 4:00pm	3:20 - 4:00pm	3:20 - 4:00pm 4:00 - 4:45pm	4:30 - 5:15pm	
Orange Match Play (Ages 7-11)						10:00 - 11:30am
Green Group (Ages 9+)	4:45 - 5:30pm	4:45 - 5:30pm	4:45 - 5:45pm	4:45 - 5:30pm		
Yellow Squad (Ages 11+)		5:30 - 7:00pm		5:30 - 7:00pm		
Challenger Squad (Ages 12+)	5:30 - 7:00pm		5:30 - 7:00pm			
Junior Performance Pathway	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Red Squad (Ages 6-8)		4:00 - 5:30pm	4:00 - 5:30pm		3:45 - 5:15pm (Match Play)	
Orange Squad (Ages 8-10)		4:00 - 5:30pm	4:00 - 5:30pm		3:45 - 5:15pm	10:00 - 11:30 (Match Play)
Green Squad (Ages 7-11)	4:00 - 6:15pm	4:00 - 6:15pm	4:00 - 6:15pm		3:45 - 5:15pm (no Athletic Dev)	
Bronze Squad (Ages 10-12)	4:00 - 6:15pm	4:45 - 7:00pm	4:45 - 7:00pm	4:00 - 6:15pm		
Silver Squad (Ages 12-16)	4:45 - 7:00pm	4:45 - 7:00pm	4:45 - 7:00pm	4:45 - 7:00pm		
Gold Squad (Ages 14+)	4:45 - 7:00pm	4:45 - 7:00pm	4:45 - 7:00pm	4:45 - 7:00pm		
Performance Match Play						11:30 - 4:30pm
School of Excellence	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Protégés Red (Years 1-3)	7:15 - 8:00am					
Protégés Orange (Years 2-5)	7:15 - 8:00am			1:05 - 1:50pm (Years 4-6 only)		
Proteges Green (Years 3-6)				1:05 - 1:50pm (Years 4-6 only)	7:15 - 8:00am	
Proteges Yellow (Years 4-6)		7:45 - 9:30am (fortnightly)		1:05 - 1:50pm	7:15 - 8:00am	
SOE Year 7 Elite	10:40 - 11:25pm	7:45 - 9:30am 2:25 - 3:10pm	11:25 - 12:55pm 1:40 - 2:25pm		1:40 - 2:25pm	
SOE Year 8 Elite	2:25 - 3:10pm	7:45 - 9:30am 1:40 - 2:25pm	8:50 - 10:15am 11:25 - 12:55pm	1:40 - 3:10pm		
SOE Year 8 Development	2:25 - 3:10pm	7:45 - 9:30am	8:50 - 10:15am	2:25 - 3:10pm		
SOE Year 9 Elite	8:50 - 9:35am 1:40 - 2:25pm	7:45 - 9:30am 1:40 - 2:25pm	1:40 - 3:10pm	8:50 - 10:15am	1:40 - 2:25pm	
SOE Year 9 Development	8:50 - 9:35am	7:45 - 9:30am 1:40 - 2:25pm		8:50 - 10:15am		
SOE Year 10 Elite 1	10:40 - 11:25am 2:25 - 3:10pm	7:45 - 9:30am 10:40 - 11:25am	8:50 - 10:15am	11:25 - 12:55pm 2:25 - 3:10pm	8:50 - 9:35am 1:40 - 2:25pm	
SOE Year 10 Elite 2	1:40 - 3:10pm	7:45 - 9:30am 11:25 - 12:55pm	8:50 - 10:15am 1:40 - 2:25pm	2:25 - 3:10pm	8:50 - 9:35am 12:15 - 12:55pm	
SOE Year 10 Elite 3	11:25 - 12:55pm 2:25 - 3:10pm	7:45 - 9:30am 9:35 - 10:15am	8:50 - 10:15am	10:40 - 11:25pm 2:25 - 3:10pm	8:50 - 9:35am 2:25 - 3:10pm	
SOE Year 10 Development	2:25 - 3:10pm	7:45 - 9:30am	8:50 - 10:15am	2:25 - 3:10pm	8:50 - 9:35am	
SOE Year 11-12	Individualised Schedule					
Adult Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Court Sessions	7:00 - 8:30pm					
Beginner Group			7:00 - 8:00pm		8:30 - 9:30am	
Intermediate Group		7:00 - 8:00pm		8:30 - 9:30am		
Advanced Group	7:00 - 8:00pm					
Cardio Tennis	8:30 - 9:30am			7:00 - 8:00pm		