

# Edinburgh Sports Club Coaching Schedule October - December

Sport	Day	Time	Class	Age Grp
Tennis	Monday	10.30-11.30	Adult Drills & Matchplay	Adult
Tennis	Tuesday	10.30-11.30	Cardio Tennis	Adult
Tennis		16.30-17.15	Red Ball Developers	5- 8 Years Old
Tennis		17.15-18.00	Orange Ball	8-10 Years Old
Tennis		18.30-19.30	Yellow Ball Juniors	12-14 Years Old
Tennis		18.30-19.30	Green Ball Juniors	10 Years Old
Tennis		19.30-20.30	Adult Improver	Adult
Tennis	Wednesday	16.30-17.15	Red Developers	5-8 Years Old
Tennis	Thursday	10.30-12.00	Adult Techniques & Tactics	Adult
Tennis		16.00-16.45	Red Developers	5- 8 Years Old
Tennis		16.00-16.45	Orange Ball	8-10 Years Old
Tennis		16.45-17.30	Green Ball Juniors	10 Years Old
Tennis		16.45-17.30	Yellow Ball Juniors	12-14 Years Old
Tennis	Friday	10.30-11.30	Cardio Tennis	Adult
Tennis		13.30-14.30	Red Developers	5- 8 Years Old
Tennis		13.30-14.30	Orange Ball	8-10 Years Old
Tennis		14.30-15.30	Green Ball	10 Years Old
Tennis		15.30-16.30	Yellow Ball	12-14 Years Old
Tennis	Saturday	10.30-11.30	Red Ball Developers	5- 8 Years Old
Tennis		11.30-12.30	Green Ball Juniors	10 Years Old
Tennis		12.30-13.30	Adult Beginners	Adult
Tennis		14.00-15.00	Adult Competition	Adult
Tennis	Sunday	12.30-13.30	Red Ball Developers	5- 8 Years Old
Tennis		13.30-14.30	Green Ball Juniors	10 Years Old
Tennis		13.30-14.30	Yellow Ball Juniors	10- 14 Years Old
Squash	Tuesday	15.50-16.50	Mini Squash	5-11 Years Old
Squash	Wednesday	19.00-20.20	Adult Improvers	18+
Squash	Thursday	16.00-17.00	Junior Squash	8-12 Years Old
Squash		17.00-18.00	Junior Squash	12+ Years Old
Squash	Friday	16.00-17.00	Junior Squash	All
Squash		17.00-18.00	Junior Squash	All
Squash		17.40-1900	Adult Advanced/ Improvers	Adult
Squash	Saturday	11.30-12.30	Mini Squash	5-8 Years Old
Squash	Saturday	12.30-13.30	Junior Squash	11+
Squash	Sunday	15.00-16.20	Adult Beginners	18+
Padel	Tuesday	19.30-20.30	Beginners/Improvers	All
Padel		20.30-21.30	Intermediate	All
Padel	Wednesday	09.20-11.20	Social	All
Padel	Thursday	19.30-20.30	Beginners/Improvers	All
Padel		20.30-21.30	Intermediate	All
Padel	Friday	10.00-12.00	Social	All
Padel		13.45-14.30	Sponge Ball Padel	5- 7 Years Old
Padel		14.30-15.15	Junior Padel	7-9 Years Old
Padel		1600-1700	Junior Padel	10-12 Years Old
Padel		1700-1800	Junior Padel	12+
Padel	Sunday	10.30-11.30	Intermediate	Adult
Padel		11.30-12.30	Beginners	Adult
Padel		12.30-13.30	Advanced	Adult
Racketball	Saturday	15.00-16.20	Adult Beginners	18+
Table Tennis	Wednesday	18.00-19.30	Junior Coaching	8-18 Years Old