

Edinburgh Sports Club Coaching Schedule w/c 22 nd April					
Sport	Day	Time	Class	Age Grp	
Tennis	Monday	10.30-11.30	Adult Drills & Matchplay	Adult	
Tennis	Tuesday	11.00-12.00	Cardio Tennis	Adult	
Tennis		16.30-17.15	Red Ball Developers	5- 8 Years Old	Not Running
Tennis		17.15-18.00	Orange Ball	8-10 Years Old	Not Running
Tennis		17.30-18.30	Yellow Ball Juniors	12-14 Years Old	
Tennis		17.30-18.30	Green Ball Juniors	10 Years Old	
Tennis		19.30-20.30	Adult Improver	Adult	
Tennis	Thursday	11.00-13.00	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	Not Running
Tennis		13.30-14.30	Orange Ball	8-10 Years Old	Not Running
Tennis		14.30-15.30	Green Ball	10 Years Old	Not Running
Tennis		15.30-16.30	Yellow Ball	12-14 Years Old	Not Running
Tennis		16.30-17.15	Red Developers	5- 8 Years Old	Not Running
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	Not Running
Tennis		14.00-15.00	Adult Competition	Adult	Not Running
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	Monday	16.30-17.30	Advanced Junior Squash (Invite Only)	14+ Years Old	
Squash	Tuesday	15.50-16.50	Mini Squash	7-11 Years Old	
Squash	Wednesday	19.00-20.20	Adult Improvers	18+	Not Running
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		17.40-19.00	Adult Advanced/ Improvers	Adult	Not Running
Squash	Saturday	11.30-12.30	Mini Squash	5-8 Years Old	Not Running
Squash	Saturday	12.30-13.30	Junior Squash	11+	Not Running
Squash	Sunday	15.00-16.20	Adult Beginners	18+	
Padel	Monday	19.30-20.30	Beginners/Improvers	All	
Padel		20.30-21.30	Intermediate/Advanced	All	
Padel	Tuesday	19.30-20.30	Intermediate/Advanced	All	
Padel		20.30-21.30	Beginners/Improvers	All	
Padel	Wednesday	09.20-11.20	Social- Beginners/Improvers	All	
Padel	Friday	10.00-12.00	Social- Intermediate/Advanced	All	
Padel		13.45-14.30	Sponge Ball Padel	5- 7 Years Old	Not Running
Padel		14.30-15.15	Junior Padel	7-9 Years Old	Not Running
Padel		16.00-17.00	Junior Padel	10-12 Years Old	Not Running
Padel		17.00-18.00	Junior Padel	12+	Not Running
Padel	Sunday	10.30-11.30	Intermediate	Adult	Not Running
Padel		11.30-12.30	Beginners	Adult	Not Running
Padel		12.30-13.30	Advanced	Adult	Not Running
Racketball	Saturday	15.00-16.20	Adult Beginners	18+	
Table Tennis	Wednesday	18.00-19.30	Junior Coaching	8-18 Years Old	Not Running