


















TENNIS WEEKLY SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30	ARRIVAL & WARM UP	ARRIVAL & WARM UP	ARRIVAL & WARM UP	ARRIVAL & WARM UP	ARRIVAL & WARM UP
9:30-10:45	TENNIS SKILLS  FOREHAND	TENNIS SKILLS  BACKHAND	TENNIS SKILLS  SERVING & SCORING	TENNIS SKILLS  VOLLEY & SMASH	TENNIS TOURNAMENT 
10:45-11:00	NUTRITIONAL BREAK	NUTRITIONAL BREAK	NUTRITIONAL BREAK	NUTRITIONAL BREAK	NUTRITIONAL BREAK
11:00-12:00	TENNIS DRILLS AND GAMES	TENNIS DRILLS AND GAMES	TENNIS DRILLS AND GAMES	TENNIS DRILLS AND GAMES	TENNIS TOURNAMENT
12:00-1:00	LUNCH AND FREE TIME 	LUNCH AND FREE TIME 	LUNCH & FREE TIME 	LUNCH AND FREE TIME 	LUNCH AT THE STADIUM 
1:00-2:00	FUN GAMES	FUN GAMES	FUN GAMES	FUN GAMES	FREE COURT TIME
2:00-3:00	SWIMMING at OUTDOOR POOL 	SWIMMING at OUTDOOR POOL 	SWIMMING at OUTDOOR POOL 	SWIMMING at OUTDOOR POOL 	SWIMMING at OUTDOOR POOL 
3:00-4:00	GROUP TENNIS GAMES	GROUP TENNIS GAMES	GROUP TENNIS GAMES	GROUP TENNIS GAMES	COACH'S CHALLENGE

*Schedule is subject to change