

## PROGRAM TIMETABLE

### Hot Shots Group Coaching

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Hot Shots Blue   9.00am	Hot Shots Red   8.00am	
					Hot Shots Orange   8.45am	
					Hot Shots Green   9.15am	
Hot Shots Red   3.30pm	Hot Shots Red   3.30pm	Hot Shots Red   3.30pm	Hot Shots Red   3.30pm	Hot Shots Red   3.30pm		
Hot Shots Orange   4.15pm	Hot Shots Orange   4.15pm	Hot Shots Orange   4.15pm	Hot Shots Orange   4.15pm	Hot Shots Orange   4.15pm		
Hot Shots Green   5.00pm	Hot Shots Green   5.00pm	Hot Shots Green   5.00pm	Hot Shots Green   5.00pm	Hot Shots Green   5.00pm		
Hot Shots Yellow   5.00pm	Hot Shots Yellow   5.00pm	Hot Shots Yellow   5.00pm	Hot Shots Yellow   5.00pm			

### Hot Shots Development Squads

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Hot Shots Red   3.30pm		Hot Shots Red   3.30pm			
	Hot Shots Orange   4.30pm		Hot Shots Orange   4.30pm			
	Hot Shots Green   5.30pm		Hot Shots Green   5.30pm			

### Junior Performance Squads

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Talent Development   4.00pm		Talent Development   4.00pm			
	Strength & Conditioning   5.30pm		Strength & Conditioning   5.30pm			
	High Performance   6.00pm		High Performance   6.00pm			

### Junior Fixtures

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Hot Shots League   4.00pm	Superleague   2.00pm	

### Adult Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Social Tennis   9.00am	Tennis Xpress   9.00am		Social Tennis   9.00am	Cardio Tennis   9.00am		Veterans Fixtures   9.00am
				Group Coaching   9.00am		
				Social Tennis   9.00am	Superleague   2.00pm	
Tennis Xpress   7.00pm	Cardio Tennis   6.30pm	Cardio Tennis   6.30pm	Tennis Xpress   7.00pm			
Group Coaching   7.00pm			Group Coaching   7.00pm			
Social Tennis   7.00pm	Superleague   7.30pm	Superleague   7.30pm	Fast4 Tennis   7.00pm			

## PROGRAM INFORMATION

Lesson Type:	Suited For:	Duration:	Cost:	Description
Hot Shots Blue	Players aged 2 to 4 years	45 minute classes	\$19 per session	A fun introduction to basic athletic and coordination & ball skills which are the essential foundations for tennis.
Hot Shots Red	Players aged 4 to 8 years	45 minute classes	\$19 per session	Played on a smaller court, at this early stage the emphasis is on developing the core tennis skills
Hot Shots Orange	Players aged 8 to 10 years	45 minute classes	\$19 per session	Played on an 18 metre court using a slower orange ball, children begin to develop an all-court game
Hot Shots Green	Players aged 10 to 12 years	45 minute classes	\$19 per session	At this stage, children will be able to cover a bigger court using a green ball
Hot Shots Yellow	Players aged 12 years +	60 minute classes	\$23 per session	These classes are for those aged 12 and over cater for all levels, from beginners to social players.
Hot Shots Squads	Ages 6 to 12 years (invitation only)	60 minute classes	\$23 per session	These squads are for our talented players looking to further their games in the Hot Shots program
Talent Development Squads	Ages 10 to 12 years (invitation only)	90 minute classes	\$33 per session	For tournament players looking to further their games - includes 30min Strength & Conditioning session
High Performance Squads	Ages 12 years + (invitation only)	90 minute classes	\$33 per session	For tournament players looking to further their games - includes 30min Strength & Conditioning session
Social Tennis	Intermediate to advanced adults	3 hours	\$12 day / \$15 evening (members)	A great social run-around for adults looking for some relaxed match play
Tennis Xpress	Beginner adults	60 minute classes	\$19 per session	An all-new beginners tennis program for adults. Uses low-compression balls to help rapidly develop skills
Group Coaching	Intermediate to advanced adults	60 minute classes	\$19 per session	For adult players looking to develop their game. This is followed by free entry to social tennis
Cardio Tennis	Any standard	60 minute classes	\$12 per session	The ultimate tennis workout! This is guaranteed to give players of all standards an awesome workout
Hot Shots League	Players aged 6 to 12 years	1.5 hours	\$15 per session	The perfect introduction for Hot Shots players - fun, social and supervised competition
Fast4 Tennis	Intermediate to advanced adults	2 hours (approx.)	\$15 per session	A fast and fun tennis singles league for players without much time looking for a good hit
Superleague	Intermediate to advanced adults	3 hours (approx.)	\$18 per match	Superleague is one of Australia's largest tennis competition and caters for players of all standards