

Tennis Camp Structure (Week 7 Wishaw)

	9:00am-9.15am	9:15am-9.45am	9.45am-10.15am	10.15am-10.30am	10.30am-11am	11am-11.45am	11.45am - 12.30pm	12.30pm-1.15pm	1.15pm-2.45pm	2:45pm-3:00pm
Monday	Registration & Briefing	Warm up -Fun Games	Under 10's Body 'n' Ball Over 10's ABC's	Break	Under 10's Target Practice Over 10's Volley & Smash	Under 10's & Over 10's Groundstrokes	Lunch	Under 10's Racket 'n' Ball Over 10's Return of Serve	Under 10's & Over 10's Matchplay	Cool down & Sign out
Tuesday	Registration & Briefing	Warm up -Fun Games	Under 10's Body 'n' Ball Over 10's ABC's	Break	Under 10's & Over 10's Return of Serve	Under 10's & Over 10's Groundstrokes	Lunch	Under 10's Volley Work Over 10's Develop Serve	Under 10's & Over 10's Matchplay	Cool down & Sign out
Wednesday	Registration & Briefing	Warm up -Fun Games	Under 10's Body 'n' Ball Over 10's ABC's	Break	Under 10's Target Practice Over 10's Volley & Smash	Under 10's & Over 10's Games	Lunch	Under 10's Racket 'n' Ball Over 10's Return of Serve	Under 10's & Over 10's Matchplay	Cool down & Sign out
Thursday	Registration & Briefing	Warm up -Fun Games	Under 10's Body 'n' Ball Over 10's ABC's	Break	Under 10's & Over 10's Return of Serve	Under 10's & Over 10's Jail or Bail	Lunch	Under 10's Volley Work Over 10's Develop Serve	Under 10's & Over 10's Participants Choice	Cool down & Sign out
Friday	Registration & Briefing	Warm up -Fun Games	Under 10's Body 'n' Ball Over 10's ABC's	Break	Under 10's & Over 10's Rounders	Under 10's & Over 10's Fun Games & Competition	Lunch	Under 10's & Over 10's Fun Games & Competition	Under 10's & Over 10's Fun Game & Competition	Cool down & Sign out