



Sydenham Tennis Club Open Day - timetable of activities

Time	Tennis Court 1	Tennis Court 2	Tennis Court 3	Tennis Court 4	Tennis Court 5	Tennis Court 6	Tennis Court 7	Squash Court 1	Squash Court 2	Practice Wall
11:00 -11:30	Mini Red/ Orange U10	Mini Red/ Orange U10	Juniors 10 & over	Juniors 10 & over	Adult Beginners	Adult - free hitting	Adult - free hitting	Free hitting	Free hitting	
11:30 – 12:00	Mini Red/ Orange U10	Mini Red/ Orange U10	Juniors 10 & over	Juniors 10 & over	Adult Beginners	Adult - free hitting	Adult - free hitting	Free hitting	Free hitting	
12:00 – 12:30	Mini Red/ Orange U10	Mini Red/ Orange U10	Juniors 10 & over	Juniors 10 & over	Cardio Tennis Taster	Adult - free hitting	Adult - free hitting	Free hitting	Free hitting	
1230 – 13:00	Mini Red/ Orange U10	Mini Red/ Orange U10	Juniors 10 & over	Juniors 10 & over	Adult Beginners	Adult - free hitting	Adult - free hitting	Free hitting	Free hitting	Yoga Taster
13:00 – 13:30	Mini Red/ Orange U10	Mini Red/ Orange U10	Juniors 10 & over	Juniors 10 & over	Cardio Tennis Taster	Adult - free hitting	Adult - free hitting	Free hitting	Free hitting	
13:30 – 14:00	Mini Red/ Orange U10	Mini Red/ Orange U10	Juniors 10 & over	Juniors 10 & over	Adult Beginners	Adult - free hitting	Adult - free hitting	Free hitting	Free hitting	Yoga Taster