

Blacktown Tennis Centre Stanhope: Coaching Timetable

Lesson	Days and times	Duration
Blue ball (3 - 5 years) group class	<ul style="list-style-type: none"> • Wednesday (10.30 am. 11.00 am and 6.00 pm) • Friday (5.00 pm) • Saturday (8.30 am and 9.00 am) 	30 minutes
Red ball (5 - 7 years) group class	<ul style="list-style-type: none"> • Monday (3.30 pm, and 4.00 pm) • Tuesday (4.00 pm) • Wednesday (4.00 pm and 6.00 pm) • Thursday (4.00 pm and 5.30 pm) • Friday (3.30 pm and 4.00 pm) • Saturday (8.30 am and 9.00 am) 	30 minutes
Orange ball (8 - 10 years) group class	<ul style="list-style-type: none"> • Monday (4.30 pm) • Tuesday (4.30 pm) • Wednesday (4.30 pm) • Thursday (4.30 pm) • Friday (4.30 pm) • Saturday (8.30 am, 10.15 am and 11.00 am) 	45 minutes
Green ball (10 - 12 years) group class	<ul style="list-style-type: none"> • Monday (5.15 pm) • Tuesday (5.15 pm) • Friday (5.15 pm) • Saturday (11.00 am) 	45 minutes
Yellow ball (12+ years) group class	<ul style="list-style-type: none"> • Monday (6.00 pm) • Wednesday (6.00 pm) • Friday (6.00 pm) • Saturday (9.30 am) 	45 minutes
Adult (18+ years, mixed gender) group class	<ul style="list-style-type: none"> • Monday (6.45 pm) 	45 minutes
Adult (18+ years, women's) group class	<ul style="list-style-type: none"> • Monday (9.30 am) • Tuesday (6.45 pm) • Wednesday (9.30 am) 	45 minutes
Adult (18+ years, men's) group class	<ul style="list-style-type: none"> • Wednesday (6.45 pm) 	45 minutes
Private class (all ages)	<ul style="list-style-type: none"> • Monday to Friday (please enquire with us) 	30 minute and 1 hour sessions available
Blind low/vision group class	<ul style="list-style-type: none"> • Wednesday (10.15 am) 	45 minutes
Wheelchair tennis group class	<ul style="list-style-type: none"> • Tuesday (5.15 pm. juniors) and (6.00 pm, adults) 	45 minutes



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Cnr Stanhope Pkwy and Sentry Dr,
 Stanhope Gardens NSW 2768
blacktownaquaticandsports.com.au
 02 9421 2600

