

TAS JUNIOR TRAINING SCHEDULE

MONDAY-THURSDAY

1-1:30								
1:30-2				TAS High Performance Academy 1:30-3:30pm				
2-2:30								
2:30-3								
3-3:30								
3:30-4				TAS High Performance Academy: Strength & Conditioning 3:30-4:30pm				
4-4:30								
4:30-5	Youth Tennis 5-6 yr 4:30-5:30pm	Youth Tennis 9-10 yr 4:30-6pm	Jr. Development 11-14 yr 4:30-6pm	TAS Performance Academy 4:30-6:30pm	TAS High Performance Academy 4:30-6:30pm	TAS Select Orange Ball 4:30-6pm	TAS Select Green Ball 4:30-6pm	TAS Select Yellow Ball 4:30-6:30pm
5-5:30								
5:30-6	Youth Tennis 7-8 yr 5:30-6:30pm							
6-6:30								
6:30-7					TAS High Perf Academy - Strength & Conditioning			

TAS JUNIOR TRAINING SCHEDULE

	FRIDAY		SATURDAY	
1-1:30			Youth Tennis 5-6 yr 1-2pm	Youth Tennis 7-8 yr 1-2pm
1:30-2	TAS High Performance Academy 1:30-3:30pm		Youth Tennis 9-10 yr 2-3:30pm	Jr. Development 11-14 yr 2-3:30pm
2-2:30				
2:30-3				
3-3:30				
3:30-4	TAS High Performance Academy: Strength & Conditioning 3:30-4:30pm			
4-4:30				
4:30-5	Youth Tennis 9-10 yr 4:30-6pm	Jr. Development 11-14 yr 4:30-6pm		
5-5:30				
5:30-6				
6-6:30				
6:30-7				