

IGNITE TENNIS - WEEKLY SCHEDULE JUNIOR TENNIS
IGNITE TENNIS @ CARLOW LTC
JUNIOR TENNIS PROGRAMME - TIMETABLE AUTUMN 2022

Red Ball	New players are welcome to join any red ball class without instruction from a coach. A red ball bounces 25% as high as a yellow ball
Orange Ball	An orange ball bounces 50% as high as a yellow ball and is ideal for younger players
Green Ball	A green ball bounces 75% as high as a yellow ball and is the final stage before moving to a full adult tennis ball
Yellow Ball	This is the same ball that an adult tournament player would use
CLASS FOR NEW PLAYERS - New players can also join other classes only following agreement from a coach.	
***Any players attending a class labelled as a Squad must be playing at least 3 hours per week**	

COACH: HELEN CHALTON					
LESSONS BEGIN ON THE HALF HOUR					
	2.30pm-3.30pm	3.30pm-4.30pm	4.30pm-5.30pm	5.30pm-6.30pm	
MONDAY	Junior & Senior Infants New & Past	1st & 2nd Class (Have completed at least one term of tennis previously)	2nd & 3rd Class Able to Rally	Mixed Ability Group for players born 2010-2012	
WEDNESDAY	Junior & Senior Infants New & Past	1st and 2nd Class New to Tennis	3rd to 6th Class must be able to rally	1st to 3rd Year Secondary School	
LESSONS BEGIN ON THE HOUR					
	2pm-3pm	3pm-4pm	4pm-5pm	5pm-6pm	6pm-7pm
TUESDAY	Junior & Senior Infants	1st and 2nd Class New	1st & 2nd Class (Have completed at least one term of tennis previously)	U13 Green Ball Group	Mied Group - Born 2009-2007
THURSDAY	Junior & Senior Infants	1st & 2nd Class (Have completed at least one term of tennis previously)	Ages 9-12 Mixed Ability	Green Ball Born Ages 10-12	To Be Confirmed
	2.15pm-3.15pm	3.15pm-4.15pm	4pm-5pm	5pm-6pm	6pm-7pm
FRIDAY	Junior & Senior Infants	1st & 2nd Class (Have completed at least one term of tennis previously)	3rd & 4th Class Mixed Ability	Advanced Green Ball Ages 11+	Teen Boys Group
	10am-11am	11am-12pm	12pm-1pm		
SATURDAY	Junior & Senior Infants	1st & 2nd Class	3rd Class+ Able to rally		

COACH: BRIAN FARRELL			
	3.30pm-5pm	5pm-6.30pm	
MONDAY	IGNITE TENNIS ORANGE /GREEN BALL SQUADS	LEINSTER TENNIS SQUAD	
TUESDAY	IGNITE TENNIS ORANGE /GREEN BALL SQUADS	IGNITE TENNIS U13 SQUAD	
WEDNESDAY	GREEN BALL ADVANCED	LEINSTER TENNIS SQUAD	
	3.30pm-4.45pm	4.45pm-6pm	6pm-7.30pm
THURSDAY	IGNITE TENNIS ORANGE /GREEN BALL SQUADS	IGNITE TENNIS U13 SQUAD	ADVANCED TEEN TENNIS
	3.30pm-5pm	5-6.15pm	6.15-7.30pm
FRIDAY	IGNITE TENNIS U13 SQUAD	ADVANCED TEEN TENNIS	GIRLS TEEN SQUAD

COACH: MICHAEL HYLAND			
	10am-11am	11am-12pm	12-1.30pm
SATURDAY	Ages 8-10 New Players	Ages 11+ New Players	Teen Boys Yellow Ball

COACH: RORY HARKIN			
	10am-11am	11am-12pm	12pm-1pm
SUNDAY	Ages 8+	Ages 10+	Ages 12+