

Saxmundham Tennis Club

Social and coaching sessions Autumn and Winter 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		9am-10am Tennis Clinic with Matt for players wanting to up their game; bring along an idea for improvement and we'll work through it as a group		9am-12 noon Club social session	10am-1pm Club social session	9am-1pm Club social session
4.15pm-5pm LTA Youth Red training For ages 4-7 with Matt 5pm-6pm LTA Teen Tennis training For ages 12-18 with Matt			4pm-5pm LTA Youth Orange training For ages 7-9 with Matt 5pm-6pm LTA Youth Green training For ages 9-12 with Matt			
6pm-7pm Club coaching training session with Matt for all players with themes, drills and match play 7pm-8pm Team training session with Matt for players competing in league match play	6.30pm-9pm Club social session Plus! Our informal and friendly monthly club social tournament usually takes place on first Tuesday of each month from 7pm-9pm... just turn up!		6pm-7pm Cardio tennis with Matt for all ages, abilities – get a full body workout while chasing down those balls on court to pumping beats! 🎾 7pm-9pm Club social session			