



Ealing Lawn Tennis Club

COACHING AND ORGANISED TENNIS WEEKLY SCHEDULE

DAY / TIME	SESSION	COACH / ORGANISER
Monday 19:00 – 20:00	CARDIO TENNIS	Gham Patel (coach) – 07801 736009 Pre-book only - £7/session
Monday-Friday 10:00 – 13:00	LADIES MORNING	Mili Shah (Coach, mili@militenis.com)
Tuesday & Thursday 14:00 – 16:00	MIDWEEK AFTERNOON SOCIAL	Participants
Wednesday 12:00 - 13:30	WINNING TENNIS TACTICS! ADULT DAYTIME COACHING	Gham Patel & Mai Yoshida (coaches) maimai77777@gmail.com
Wednesday From 18:00	WEDNESDAY EVENING SOCIAL (Drop in - £1 summer, £3 winter)	Janice Coulthard (volunteer) janice.coulthard@ntlworld.com
Wednesday 19:00 – 20:00	CARDIO TENNIS	Gham Patel (coach) – 07801 736009 (Pre-book only)
Saturday 10:30 – 11:30	CARDIO TENNIS	Gham Patel (coach) – 07801 736009 (Pre-book only)
Sunday 11:00 – 12:30	ADULT GROUP COACHING (IMPROVER)	Mili Shah (Coach, mili@militenis.com)
Sunday 09:30 – 11:00	ADULT GROUP COACHING (INTERMEDIATE)	Mili Shah (Coach, mili@militenis.com)
Sunday 8:00-09:30	ADULT GROUP COACHING (BEGINNER)	Mili Shah (Coach, mili@militenis.com)
Sunday 14:00-16:00 (summer)	SUNDAY AFTERNOON SOCIAL (Drop in)	Janice Coulthard (volunteer) janice.coulthard@ntlworld.com
Sunday 18:00-19:30 (from Oct-Mar)	SUNDAY EVENING TEAM PRACTICE (Drop in - £5)	Alex Brown (alexbrown76@yahoo.co.uk) Anneka Ela (annekaels@hotmail.com) (volunteers)

INDIVIDUAL COACHING

Is available with the ELTC coaching team, within the coaching booking restrictions

**See the Court Usage Policy*

ELTC JUNIOR COACHING PROGRAMME (George Matheou)

Monday – Friday after school and Saturday morning in the indoor dome courts.

***Contact coaches / organisers directly for costs & availability
(Individual coaching from between £30-45/hour, group coaching
from between £11-14/hour)***

ealingtennis.com/coaching-team ealingtennis.com/coaching