

# Indu's Tennis Coaching



West Norwood Tennis & Squash Club, 128 Knights Hill, London, SE27 0SR

## Junior Tennis Programme April - July 2026

Day / Date	Time	Session	Age
Saturday 18 <sup>th</sup> April – Saturday 18 <sup>th</sup> July	9:00 – 10:00 am	Red Ball / Orange Ball	6 - 10
Saturday 18 <sup>th</sup> April – Saturday 18 <sup>th</sup> July	10:00 - 11:00 am	Green Ball / Yellow Ball	11 - 16
<b>NO SESSION ON: SATURDAY 30<sup>TH</sup> MAY &amp; 13<sup>TH</sup> JUNE</b>			
Sunday 19 <sup>th</sup> April - Sunday 19 <sup>th</sup> July	10:15 – 11:15 am	Red Ball / Orange Ball	6 – 10
Sunday 19 <sup>th</sup> April - Sunday 19 <sup>th</sup> July	11:15am – 12:15 pm	Red ball / Orange Ball (Invitation Only)	6 - 10
Sunday 19 <sup>th</sup> April - Sunday 19 <sup>th</sup> July	12:15 – 1:15 pm	Green Ball / Yellow Ball	11 - 16
Sunday 19 <sup>th</sup> April – Sunday 19 <sup>th</sup> July	4:15 – 5:15	Tennis 4 Girls	11 - 16
<b>NO SESSION ON SUNDAY 31<sup>ST</sup> MAY &amp; 14<sup>TH</sup> JUNE</b>			
Monday 20 <sup>th</sup> April – Monday 20 <sup>th</sup> July	2:00 – 2:40 pm	Tiny Tots Tennis Skills	3 years old
Monday 20 <sup>th</sup> April – Monday 20 <sup>th</sup> July	4:00 – 5:00 pm	Red Ball / Orange Ball	6 - 10
Monday 20 <sup>th</sup> April – Monday 20 <sup>th</sup> July	5:00 – 6:00 pm	Green Ball / Yellow Ball	11 - 16
Monday 20 <sup>th</sup> April – Sunday 20 <sup>th</sup> July	6:00 – 7:00	Tennis 4 Girls	11 - 16
<b>NO SESSION ON: MONDAY 25<sup>TH</sup> MAY &amp; 15<sup>TH</sup> JUNE</b>			
Tuesday 21 <sup>st</sup> April – Tuesday 21 <sup>st</sup> July	4:00 – 5:00 pm	Red Ball / Orange Ball	6 – 10
Tuesday 21 <sup>st</sup> April – Tuesday 21 <sup>st</sup> July	5:00 – 6:00 pm	Green Ball / Yellow Ball	11 - 16
<b>NO SESSUIN ON TUESDAY 26<sup>TH</sup> MAY &amp; 7<sup>TH</sup> JULY</b>			
Wednesday 22 <sup>nd</sup> April – Wednesday 22 <sup>nd</sup> July	4:00 – 4:45 pm	Tots Tennis	4 - 5
Wednesday 22 <sup>nd</sup> April – Wednesday 22 <sup>nd</sup> July	5:00 – 6:00 pm	Red Ball / Orange Ball	6 - 10
Wednesday 22 <sup>nd</sup> April – Wednesday 22 <sup>nd</sup> July	6:00 – 7:00pm	Green Ball / Yellow Ball	11 - 16
<b>NO SESSION ON WEDNESDAY 27<sup>TH</sup> MAY &amp; 8<sup>TH</sup> JULY</b>			
Thursday 23 <sup>rd</sup> April – Thursday 23 <sup>rd</sup> July	4:00 – 4:40 pm	Tiny Tots Tennis Skills	3 years old
Thursday 23 <sup>rd</sup> April – Thursday 23 <sup>rd</sup> July	4:45 – 5:30 pm	Tots Tennis	4 - 5
Thursday 23 <sup>rd</sup> April – Thursday 23 <sup>rd</sup> July	5:30 – 6:30 pm	Red Ball / Orange Ball	6 - 10
<b>NO SESSION ON THURSDAY 28<sup>TH</sup> MAY &amp; 11<sup>TH</sup> JUNE</b>			
Friday 24 <sup>th</sup> April – Friday 24 <sup>th</sup> July	10:00 – 10:40 am	Tiny Tots Tennis Session	3 years old
Friday 24 <sup>th</sup> April – Friday 24 July	4:15 – 5:00 pm	Tots Tennis	4 - 5
Friday 24 <sup>th</sup> April – Friday 24 July	5:00 – 6:00 pm	Red Ball / Orange Ball	6 – 10
<b>NO SESSION ON Friday 29<sup>TH</sup> MAY &amp; 12<sup>TH</sup> JUNE</b>			

### How Learning To Play Tennis Can Make a Difference in Children & Adults

- \*Develops Children & Adult Physical Fitness & Agility
- \*Build Mental Toughness & Resilience
- \*Improve Hand Eye Co – Ordination & Motor Skills
- \*Encourages Problem Solving & Strategic Thinking
- \*Boost Self Confidence & Self Esteem
- \*Foster Social Skills & Teamwork

### Cost

£162 for a 12 Week Course  
(Can not attend any other session once booked for a particular day for 12 weeks)

Flex Option: £186 for a 12 Session Package  
(This package allows you to book on any session if you miss a session)

£17.50 If You Pay Per Session

**How to Book: Please Contact Indu Chera on: 07595 983108**  
**Email: Industennis@gmail.com or please visit the website**  
**www.Industenniscoaching.com**