

# HALL OPENING HOURS & TRAINING SESSIONS

Last Update: January 2026

	Monday			Tuesday			Wednesday			Thursday			Friday						
9:00 am	Social Senior Fixtures (Singles) 9:00 am to 11:00 am						Social Senior Fixtures (Doubles) 9:00 am to 12:00 pm						Social Senior Fixtures (Doubles) 9:00 am to 12:00 pm						
10:00 am																			
11:00 am	Social Senior Training Session 11 am to 12 pm (Alan)																		
12:00 pm																			
1:00 pm				Open Training 1-3 pm (no coach)															
2:00 pm																			
3:00 pm																			
3:30 pm																			
4:00 pm		Junior Fixtures 4 pm – 6 pm (Alan)		Ping.Pong.Play 4:00-5:00 pm (Mischa)	Junior Training 4-6 pm (TBC)	Aus Rep Training	Advanced Juniors 4-6 pm (Alan)	Junior Training 4-6 pm (TBC)	Aus Rep Training	Advanced Juniors 4-6 pm (Alan)	Junior Training 4-6 pm (Paola)	Aus Rep Training	Advanced Juniors 4-5:30 pm (Alan)	Junior Training 4-6 pm (TBC)	Aus Rep Training				
4:30 pm																			
5:00 pm	Invitational Match Play (Jnr & Snr) 5:00 – 7:00 pm (no coach)		Aus Rep Training	Advanced Juniors 5:00–6:00 pm (Alan)															
5:30 pm													Invitational Match Play (Jnr & Snr) 5:30 – 7:00 pm (no coach)						
6:00 pm		Specialised Juniors 6:15 - 7:15 pm (Alan)		Specialised Juniors 6:15-7:15 pm (Paola)	Adult Training 6-7:30 pm (Alan)		Specialised Juniors 6:15-6:45 pm (Alan)			Specialised Juniors 6:15-7:15 pm (Paola)	Adult Training 6-7:30 pm (Alan)								
6:30 pm																			
7:00 pm							Senior Fixtures 7:00 pm for 7:15 pm start												
7:30 pm																			
Hall Open for casual hit from 3:30 pm to 7:30 pm				Hall Open for casual hit from 1:00 pm to 7:30 pm				Hall Open for casual hit from 3:30 pm to 7:00 pm				Hall Open for casual hit from 3:00 pm to 8:00 pm				Hall Open for casual hit from 3:30 pm to 7:30 pm			

	Saturday			Sunday			
9:00 am	Table Tots Beginners (Alan and Taleisha)			Sunday Social Tournament 9:00 am for 9:30 am start  (All Sundays of the year unless otherwise advertised on Facebook).			
10:00 am	Advanced Juniors 10am-1 pm (Alan)	Junior Training 10am -1 pm (TBC)	Aus Rep Training				
11:00 am							
12:00 pm							
1:00 pm	Women's Only Training 1-2:30 pm (Alan)						
1:30 pm		Swish Table Tennis 1:30-3 pm					
2:00 pm							
2:30 pm							
3:00 pm							
Hall Open for casual hit from 9:00 am to 3:00 pm				Hall Open for casual hit from 9:00 am to 12:00 pm			

## Notes for Training Sessions

- The Club maintains various information on all training sessions. This includes in relation to Juniors and Advanced Juniors. Please speak to a Club Coach for more information.
- Ping.Pong.Play (Tuesday 4pm): The national grassroots program for beginner junior players.
- Table Tots (Saturday morning): The Club program for beginner junior players.
- Junior Training and Junior Fixtures: For any junior players at any level who may wish to attend.
- Advanced Juniors: Training sessions are for junior members in the Advanced Junior squad only.
- Invitational Match Play: for Advanced Juniors and invited adult players.
- Specialized Junior Sessions: By invite to junior players only. You are also welcome to speak to a Club Coach if you have interested in attending a Specialized Junior Session.
- Adult Training Sessions: Buy-your-hours applies.
- Buy-your-hours applies for all junior training sessions, noting:
  - Double hours apply to Specialised Junior Training sessions.
  - 2 hours applies for Junior Fixtures.