DAVID LLOYD - HAMPTON - 020 8783 2400

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30-10:30	Tennis Coaching & Matchplay - Ladies	Beginner	Tennis Courts	£ PR CL
10:00-12:00	Squash Drills - Ladies	Imp / Int	Squash Courts	£ PP CL
12:00-13:30	Tennis Matchplay - Ladies	Intermediate	Tennis Courts	£ PP CL
19:00-20:30	Tennis Drills - Mixed	Intermediate	Tennis Courts	£ PP CL

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11:00-12:00	Squash Group Coaching - Mixed	Beginner	Squash Courts	£ PR CO
12:00-13:00	Squash Group Coaching - Mixed	Imp / Int	Squash Courts	£ PR CO
13:30-14:30	Cardio Tennis - Mixed	All Ratings	Tennis Court 1	£ PP CL
19:00-20:00	Racquets Welcome	All Ratings	BAR	
19:30-20:30	Badminton Group Coaching - Mixed	Beg / Imp	Badminton Hall	£ PR CO
19:30-21:30	Tennis Drills - Mixed	Advanced	Tennis Courts	£ PP CL
20:30-21:30	Badminton Group Coaching - Mixed	Imp / Int	Badminton Hall	£ PR CO

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30-11:00	Badminton Drills - Mixed	Intermediate	Badminton Hall	£ PP CL
10:00-11:00	Badminton Group Coaching - Mixed	Beginner	Badminton Hall	£ PR CO
10:00-12:00	Tennis Club Sessions - Mixed	Beginner	Tennis Courts	
11:00-12:00	Badminton Group Coaching - Mixed	Intermediate	Badminton Hall	£ PR CO
19:00-21:00	Badminton Club Sessions - Mixed	All Ratings	Badminton Hall	
19:00-21:00	Tennis Club Sessions - Mixed	Advanced	Tennis Courts	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30-10:30	Badminton Coaching & Matchplay - Mixed	Advanced	Badminton Hall	£ PR CO
10:30-11:30	Tennis Drills - Mixed	Intermediate	Tennis Courts	£ PR CL
19:00-21:00	Tennis Club Sessions - Mixed	Advanced	Tennis Courts	
19:40-22:00	Squash Club Sessions - Mixed	All Ratings	Squash Courts	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30-10:30	Fast Track Tennis - Mixed	Beginner	Tennis Courts	
10:00-11:00	Badminton Group Coaching - Mixed	Beginner	Badminton Hall	£ PR C
10:30-11:30	Tennis Drills - Mixed	Imp / Int	Tennis Courts	£ PP CL

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11:00-12:00	Cardio Tennis - Mixed	All Ratings	Tennis Court 1	£ PR C
11:30-12:30	Badminton Group Coaching - Mixed	Beginner	Badminton Hall	£ PR C
12:30-13:30	Badminton Group Coaching - Mixed	Intermediate	Badminton Hall	£ PR C

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:30-11:30	Fast Track Tennis - Mixed	Beginner	Tennis Courts	
11:00-12:30	Squash Drills - Mixed	Advanced	Squash Courts	£ PP C
14:00-15:00	Squash Group Coaching - Mixed	Beginner	Squash Courts	£ PR C
14:00-16:00	Tennis Club Sessions - Mixed	Intermediate	Tennis Courts	
15:00-16:00	Squash Group Coaching - Mixed	Imp / Int	Squash Courts	£ PR C
16:30-18:30	Badminton Club Sessions - Mixed	Intermediate	Badminton Hall	

FINDING YOUR LEVEL

If you're not sure which category you'd put yourself in, just come along to our weekly Tennis Welcome. Our Tennis Pro will assess your ability and give you a rating to help fi nd the ideal group for you.

BEGINNER – RATING: FAST TRACK, 10
For members who have not played at all or have not played for a long time. You might be able to play basic shots and rally with a slow ball.

IMPROVER – RATING: 9, 8
For members who can rally 6-8 shots, slow to medium paced, serve with a full action and volley in doubles.

INTERMEDIATE – RATING: 7, 6
For members who can serve with a full action and some power, rally 12-15 shots and can get some pace on your forehands. You can play most shots including volleys, lobs and overheads in singles and doubles.

ADVANCED – RATING: 5, 4, 3 (2, 1)
For members who can play all the shots and rally consistently with good control of direction and pace. You can serve aggressively with spin and power on the 1st serve and with good depth and placement on the 2nd serve.

KEY

£ Additional fee for this class
* Adult class coincides with children's activity
PP Pay Pro
PR Pay Reception
CL Class
CO Course

LIFE. Be fit for it
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