



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1230 - 1330	Cardio Tennis - Mixed	All Ratings	Court 5	PR £
1830 - 1930	Tennis Group Coaching - Mixed	Beg / Imp	Courts 4 & 5	PR £
1930 - 2030	Tennis Group Coaching - Mixed	Intermediate	Courts 4 & 5	PR £
1930 - 2030	Badminton Club Sessions - Mixed	All Ratings	Courts 1 - 3	
2030 - 2200	Tennis Coaching & Matchplay - Mixed	Advanced	Courts 4 & 5	PR £

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1030 - 1130	Tennis Drills - Mixed	Improver	Court 5	PR £
1830 - 1930	Racquets Welcome	All Ratings	Court 4	
1930 - 2100	Fast Track Tennis - Mixed	Beginner	Courts 4 & 5	C

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930 - 1100	Tennis Coaching & Matchplay - Ladies	Imp / Int	Courts 4 & 5	PR £
1830 - 1930	Cardio Tennis - Mixed	Beg / Imp	Court 5	PR £
1930 - 2130	Tennis Club Sessions - Mixed	Imp / Int	Courts 1,2,3 & 4	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1830 - 1930	Cardio Tennis - Mixed	All Ratings	Court 4	PR £
1930 - 2130	Tennis Club Sessions - Mixed	Int / Adv	Court 4 & 5	PR £

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1030 - 1130	Tennis Group Coaching - Mixed	Intermediate	Courts 4 & 5	PR £
1130 - 1230	Tennis Matchplay - Mixed	Intermediate	Courts 4 & 5	PR £
1230 - 1330	Cardio Tennis - Mixed	All Ratings	Court 4	PR £
1830 - 1930	Cardio Tennis - Mixed	All Ratings	Court 4	PR £
1930 - 2030	Cardio Tennis - Mixed	All Ratings	Court 4	PR £

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1530 - 1730	Tennis Coaching & Matchplay - Mens	Advanced	Courts 4 & 5	PR £

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1530 - 1630	Racquets Welcome	All Ratings	Court 4	
1630 - 1800	Fast Track Tennis - Mixed	Beginner	Courts 4 & 5	C
1830 - 2030	Tennis Club Sessions - Mixed	Imp / Int	Courts 1,2,3 & 4	

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 find 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 Play Reception
- CL Class
- CO Course