DAVID LLOYD - BASILDON - 01268 662100

ADULT RACQUETS PROGRAMME JULY - AUGUST 2009

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Tennis Coaching & Matchplay - Mixed	Beginner	Ct 1,2	
19.00-21.00	Tennis Coaching & Matchplay - Mixed	Imp / Int	Ct 1,2,3	
20.00-21.30	Badminton Club Sessions - Mixed	All Ratings	Badminton Cts	
21.00-22.00	Tennis Group Coaching - Mixed	Beginner	Ct 1,2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Tennis Coaching & Matchplay - Mixed	Imp / Int	Ct 1,2,3	
12.00-13.30	Tennis Coaching & Matchplay - Ladies	Advanced	Ct 4,5	
19.00-20.00	Tennis Group Coaching - Mixed	Beginner	Ct 1,2,	
20.00-22.00	Tennis Matchplay - Mixed	Int / Adv	Ct 1,2,3,4	
20.30-21.00	Badminton Coaching & Matchplay - Mixed	Imp / Int	Badminton Cts	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Tennis Coaching & Matchplay - Ladies	Beg / Imp	Ct 1,2	
19.00-20.00	Tennis Group Coaching - Mixed	Imp / Int	Ct 1,2	
20.00-22.00	Tennis Club Sessions - Mixed	All Ratings	Ct 1,2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.00	Cardio Tennis - Mixed	All Ratings	Ct 1,2	
11.00-12.00	Tennis Coaching & Matchplay - Mixed	Imp / Int	Ct 1,2	
19.00-20.00	Tennis Group Coaching - Mixed	Intermediate	Ct 1,2,3	
20.00-22.00	Tennis Coaching & Matchplay - Mens	Advanced	Ct 1,2,3	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Tennis Coaching & Matchplay - Mixed	Intermediate	Ct 1,2	
18.30-20.00	Fast Track Tennis - Mixed	Beginner	Ct 1,2	
19.00-21.00	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Ct 1,2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
12.00-13.30	Fast Track Tennis - Mixed	Beginner	Outdoor Ct 4,5	
13.30-14.30	Racquets Welcome	All Ratings	Outdoor Ct 4	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-12.00	Tennis Club Sessions - Mixed	All Ratings	Ct 1,2,3	
14.00-15.30	Tennis Drills - Mixed	Beg / Imp	Outdoor Ct 4,5	

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

LIFE. Be fit for it
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