DAVID LLOYD - BASILDON - 01268662100

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Beginners morning	Beginner	ct 1	
19.00-21.00	Tennis Coaching & Matchplay - Mixed	Imp / Int	ct 1	
21.00-22.00	Tennis Group Coaching - Mixed	Beg / Imp	ct 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Coaching Morning	Improver	ct 1	
19.00-20.00	Tennis Group Coaching - Mixed	Beg / Imp	ct 1	
20.00-22.00	Tennis Coaching & Matchplay - Mixed	Beg / Imp	ct 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Coaching Morning	Imp / Int	ct 1	
19.00-20.00	Tennis Group Coaching - Mixed	Beg / Imp	ct 1	
20.00-22.00	Tennis Matchplay - Mixed	Int / Adv	ct1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Coaching and Matchplay Morning	Intermediate	ct 1	
19.00-20.00	Tennis Group Coaching - Mixed	Imp / Int	ct 1	
20.00-22.00	Tennis Coaching & Matchplay - Mens	Int / Adv	ct 1	

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
DAVIDLLOYD.CO.UK

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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Matchplay Morning	Imp / Int	ct 1	
18.00-19.30	Fast Track Tennis - Mixed	All Ratings	ct 4	
19.00-21.00	Tennis Club Sessions - Mixed	All Ratings	ct 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-12.00	Club Session	Intermediate	ct 1	
14.00-15.30	Tennis Coaching & Matchplay - Mixed	Beg / Imp	bubble ct 4	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
12.00-13.30	Fast Track Tennis	All Ratings	bubble ct 4	
13.30-14.30	Racquets Welcome	All Ratings	bubble ct 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.

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