

DAVID LLOYD LEISURE - BASILDON - 01268 662 100

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2012



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 12:00	Tennis Drills	Beginner/Improver	Ind Crt 1	
16:00 - 17:00	Badminton Coaching & Matchplay - Mens	All Levels	Bad Crt 1	
17:00 - 18:30	Badminton Coaching & Matchplay - Mixed	All Levels	Bad Crt 1-4	
19:00 - 20:00	Group Coaching	Beginner	Ind Crt 2 - Part B	
19:00 - 21:00	Coaching & Matchplay	Intermediate	Ind Crt 1, 2,3 & 4	
19:20 - 21:20	Squash Drills - Mens	All Levels	Sq Crt 1, 2 & 3	
20:00 - 21:30	Badminton Coaching & Matchplay - Mixed	All Levels	Bad Crt 1-4	
21:00 - 22:00	Group Coaching	Beginner	Ind Crt 1	
21:30 - 22:30	Badminton Coaching & Matchplay - Mens	All Levels	Bad Crt 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Badminton Coaching & Matchplay - Mens	All Levels		
10:00 - 12:00	Coaching & Matchplay	Intermediate	Ind Crt 1	
12:00 - 13:30	Coaching & Matchplay	Advanced	Ind Crt 4, 5	
16:00 - 17:00	Badminton Coaching & Matchplay - Mens	All Levels	Bad Crt 1	
17:00 - 18:30	Badminton Coaching & Matchplay - Mixed	All Levels	Bad Crt 1-4	
18:30 - 20:00	Badminton Coaching & Matchplay - Mixed	All Levels	Bad Crt 1-4	
19:00 - 20:00	Group Coaching	Beginner	Ind Crt 1, 2	
20:00 - 21:00	Badminton Coaching & Matchplay - Mens	All Levels	Bad Crt 1	
20:00 - 22:00	Coaching & Matchplay	Intermediate	Ind Crt 1, 2 & 3	
21:00 - 22:00	Badminton Coaching & Matchplay - Mens	All Levels	Bad Crt 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 12:00	Group Coaching	Improver	Ind Crt 1, 2 & 3	
17:00 - 18:00	Badminton Coaching & Matchplay - Mens	All Levels	Bad Crt 1	
18:00 - 19:00	Badminton Coaching & Matchplay - Mens	All Levels	Bad Crt 1-4	
19:00 - 20:00	Badminton Coaching & Matchplay - Mens	All Levels	Bad Crt 1, 2 & 4	
19:00 - 20:00	Group Coaching	Improver	Ind Crt 1, 2	
20:00 - 21:00	Badminton Coaching & Matchplay - Mens	All Levels	Bad Crt 1	
20:00 - 22:00	Coaching & Matchplay	Improver/Intermediate	Ind Crt 1, 2	
21:00 - 22:00	Badminton Coaching & Matchplay - Mens	All Levels	Bad Crt 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 12:00	Coaching & Matchplay	Improver/Intermediate	Ind Crt 4	
10:00 - 12:00	Group Coaching	Advanced	Ind Crt 1, 2	
16:00 - 17:00	Badminton Coaching & Matchplay - Mens	All Levels	Bad Crt 1, 4	
17:00 - 18:00	Badminton Coaching & Matchplay - Mens	All Levels	Bad Crt 1, 4	
18:00 - 19:30	Badminton Coaching & Matchplay - Mixed	All Levels	Bad Crt 1-4	
19:00 - 20:00	Group Coaching	Improver	Ind Crt 1, 2	
19:30 - 20:30	Badminton Coaching & Matchplay - Mens	All Levels	Bad Crt 1	
20:00 - 22:00	Group Coaching	Advanced	Ind Crt 1, 2 & 3	
20:30 - 21:30	Badminton Coaching & Matchplay - Mens	All Levels	Bad Crt 1	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
17:00 - 18:30	Badminton Group Coaching - Mixed	All Levels	Bad Crt 1	
19:00 - 21:00	Coaching & Matchplay	Beginner	Ind Crt 1, 2 & 3	
19:30 - 21:00	Badminton Group Coaching - Mixed	All Levels	Bad Crt 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:30	Badminton Group Coaching - Mixed	All Levels	Bad Crt 1	
10:30 - 12:00	Badminton Group Coaching - Mixed	All Levels	Bad Crt 1	
12:00 - 13:30	Badminton Group Coaching - Mixed	All Levels	Bad Crt 1	
12:00 - 13:30	Fast Track Tennis - Mixed	All Levels	Out Crt 4, 5	
13:30 - 14:30	Tennis Welcome - Mixed	All Levels	Out Crt 4, 5	
13:30 - 15:00	Badminton Group Coaching - Mixed	All Levels	Bad Crt 1	
15:00 - 16:30	Badminton Group Coaching - Mixed	All Levels	Bad Crt 1	
16:30 - 17:30	Badminton Coaching & Matchplay - Mens	All Levels	Bad Crt 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 12:00	Club Sessions - Mens	All Levels		
14:00 - 15:30	Tennis Drills	Beginner/Improver	Out Crt 4, 5	

FIND 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 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

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