DAVID LLOYD - BECKENHAM - 0208 662 6160

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.30-11.30	Racquetball Club Sessions - Mixed	All Ratings	Squash Crts	
10.30-12.00	Tennis Drills - Mixed	Int / Adv	Crts 4,5,6	£
12.30-14.00	Tennis Coaching & Matchplay - Mixed	Imp / Int	Crts 4,5,6	£
18.20-20.20	Racquetball Club Sessions - Mixed	All Ratings	Squash Crts	
19.30-21.00	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Crts 4,5	£

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.30-12.00	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Crts 1,2	£
13.30-15.00	Badminton Club Sessions - Mixed	All Ratings	Badminton Crts	
19.30-21.00	Tennis Coaching & Matchplay - Mixed	Imp / Int	Crts 4,5	£
20.30-21.30	Tennis Drills - Mixed	Intermediate	Crts 4,5	£

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.30-12.00	Tennis Drills - Mixed	Intermediate	Crts 4,5,6	£
18.30-19.30	Badminton Group Coaching - Mixed	All Ratings	Badminton Crts	£
19.00-20.00	Squash Group Coaching - Mixed	Beginner	Squash Crts	£
19.30-21.30	Tennis Matchplay - Mixed	Advanced	Crts 4,5,6	£
19.30-22.30	Badminton Club Sessions - Mixed	All Ratings	Badminton Crts	
20.00-21.00	Squash Group Coaching - Mixed	Intermediate	Squash Crts	£

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.30-12.00	Fast Track Tennis - Mixed	Beg / Imp	Crts 2,3	
12.00-13.30	Tennis Coaching & Matchplay - Mixed	Intermediate	Crts 1,2	£
19.00-21.00	Squash Club Sessions - Mixed	All Ratings	Squash Crts	
19.30-20.30	Tennis Welcome - Mixed	All Ratings	Crt 4	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.30-12.00	Tennis Coaching & Matchplay - Mixed	Advanced	Crts 4,5,6	£
12.30-14.30	Tennis Club Sessions - Mixed	Imp / Int	Crts 1,2,3	
12.30-14.30	Tennis Club Sessions - Mixed	Int / Adv	Crts 4,5,6	
19.30-20.30	Tennis Drills - Mixed	Intermediate	Crts 1,2	£

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.30-11.30	Tennis Drills - Mixed	Intermediate	Outdoor 1,2	£
10.30-11.30	Tennis Drills - Mixed	Advanced	Outdoor 1,2	£
10.30-12.30	Badminton Club Sessions - Mixed	All Ratings	Badminton Crts	
13.30-15.00	Fast Track Tennis - Mixed	Beg / Imp	Crts 2,3	
15.00-16.00	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Tennis Crts	£,PP

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
18.30-21.00	Tennis Club Sessions - Mixed	All Ratings	Crts 2,4,5,6	
18.30-21.25	Badminton Club Sessions - Mixed	All Ratings	Badminton Crts	

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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