

DAVID LLOYD LEISURE - BECKENHAM - 0208 662 6160

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2012



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:20 - 12:20	Racquetball Club Sessions - Mixed	All Levels	Sq Crt 1, 2	
10:30 - 12:00	Tennis Drills	Advanced	Ind Crt 4, 5	£
12:30 - 14:00	On Track	All Levels	Ind Crt 4, 5	£
18:20 - 19:50	Club Sessions - Mixed	All Levels	Sq Crt 1, 2	
19:30 - 21:00	On Track	All Levels	Ind Crt 4, 5	£
19:50 - 21:20	Club Sessions - Mixed	All Levels	Sq Crt 1, 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:30 - 12:00	Tennis Coaching & Matchplay - Mixed	Intermediate	Ind Crt 4, 5	£
17:20 - 18:20	Squash Welcome - Mixed	All Levels	Sq Crt 1	
18:20 - 19:20	Racquetball Group Coaching - Mixed	All Levels	Sq Crt 1, 2	£
18:30 - 19:30	Badminton Group Coaching - Mens	All Levels	Bad Crt 1, 2	£
19:30 - 21:00	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1, 2	
19:30 - 21:30	Tennis Matchplay - Mixed	All Levels	Ind Crt 4, 5 & 6	£
21:00 - 22:30	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1, 2	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:30 - 12:00	Tennis Coaching & Matchplay - Mixed	Advanced	Ind Crt 4, 5	£
12:30 - 14:30	Club Sessions - Mixed	All Levels	Ind Crt 1, 2,4,5 & 6	
18:20 - 19:50	Squash Club Sessions - Mixed	All Levels	Sq Crt 1, 2	
19:30 - 21:30	Matchplay - Invitation	Advanced	Ind Crt 4, 5	£
19:50 - 21:20	Squash Club Sessions - Mixed	All Levels	Sq Crt 1, 2	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:30 - 12:00	Fast Track	All Levels	Ind Crt 1, 2	
18:30 - 20:00	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1, 2	
18:30 - 20:00	Club Sessions - Mixed	All Levels	Ind Crt 2, 4,5 & 6	
20:00 - 21:30	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1, 2	
20:00 - 21:30	Club Sessions - Mixed	All Levels	Ind Crt 2, 4,5 & 6	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 11:30	Tennis Coaching & Matchplay - Mixed	Improver	Ind Crt 1, 2	£
19:20 - 20:50	Squash Matchplay - Mens	All Levels	Sq Crt 1, 2	
19:30 - 21:00	Tennis Coaching & Matchplay - Mixed	Intermediate	Ind Crt 4, 5 & 6	£
20:50 - 22:20	Squash Matchplay - Mens	All Levels	Sq Crt 1, 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:30 - 12:00	Fast Track	All Levels	Ind Crt 1, 2	
19:30 - 20:30	Tennis Welcome - Mixed	All Levels	Ind Crt 1	
19:30 - 21:00	Tennis Coaching & Matchplay - Mixed	Intermediate	Ind Crt 4, 5	£
19:30 - 21:30	Badminton Matchplay - Mixed	All Levels	Bad Crt 1, 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Tennis Drills	Advanced	Out Crt 1, 2	£
09:40 - 10:40	Squash Coaching & Matchplay - Mixed	All Levels	Sq Crt 1, 2	£
10:30 - 11:30	Tennis Drills	Intermediate	Out Crt 1, 2	£
10:30 - 12:00	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1, 2	
11:30 - 12:30	Tennis Welcome - Mixed	All Levels	Ind Crt 1	
12:00 - 13:30	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1, 2	
12:30 - 14:30	Other Internal Tennis Events and Tournaments	All Levels	Out Crt 1, 2	
13:30 - 15:00	Fast Track	All Levels	Ind Crt 1, 2	
14:30 - 16:30	Other Internal Tennis Events and Tournaments	All Levels	Out Crt 1, 2	
15:00 - 16:30	On Track	All Levels	Ind Crt 4, 5	£
16:30 - 18:00	On Track	All Levels	Ind 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