# DAVID LLOYD - BIRMINGHAM - 0121 325 0700

## ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

### MONDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 10:00-12:00 | Tennis Club Sessions - Mixed | All Ratings | Courts 1 - 3 | |
| 10:00-11:00 | Fast Track Tennis - Mixed | Beginner | Court 3 | CO |
| 11:00-12:00 | Tennis Coaching & Matchplay - Mixed | Beginner | Court 3 | £ PR |
| 18:00-18:30 | Tennis Welcome - Mixed | All Ratings | Courts 1 & 2 | |
| 18:30-19:00 | Tennis Welcome - Mixed | All Ratings | Courts 1 & 2 | |
| 19:00-21:00 | Tennis Club Sessions - Mixed | Improver | Courts 1 - 7 | |

### TUESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 10:30-12:30 | Tennis Coaching & Matchplay - Mixed | Improver | Courts 1 & 2 | £ PR |
| 18:30-19:30 | Fast Track Tennis - Mixed | Beginner | Courts 2 & 3 | CO |
| 19:30-21:00 | Tennis Coaching & Matchplay - Mixed | Improver | Courts 1 & 2 | £ PR |
| 20:00-22:00 | Badminton Club Sessions - Mixed | All Ratings | Courts 1 - 4 | |

### WEDNESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 10:00-12:00 | Tennis Coaching & Matchplay - Mixed | Int / Adv | Courts 1 & 2 | £ PR |
| 18:30-19:30 | Tennis Coaching & Matchplay - Mixed | Beginner | Courts 3 & 4 | £ PR |
| 19:00-21:00 | Squash Club Sessions - Mixed | All Ratings | Courts 1 & 2 | |
| 19:30-21:00 | Tennis Coaching & Matchplay - Mixed | Intermediate | Courts 1 & 2 | £ PR |

### THURSDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 10:00-12:00 | Tennis Coaching & Matchplay - Mixed | Imp / Int | Courts 1 & 2 | £ PR |
| 20:00-22:00 | Badminton Club Sessions - Mixed | All Ratings | Courts 1 - 4 | |

### FRIDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 10:00:12:00 | Tennis Drills - Mixed | All Ratings | Courts 1 & 2 | £ PR |
| 13:00-15:00 | Tennis Club Sessions - Mixed | All Ratings | Courts 1 - 4 | |

### SATURDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|

### SUNDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|

### 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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