DAVID LLOYD - BRISTOL - 0117 953 1010

ADULT RACQUETS PROGRAMME JULY - AUGUST 2009

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11.30-13.00	Fast Track Tennis - Mixed	Beginner	TC 5,6	
11.30-12.30	Tennis Group Coaching - Mixed	Beginner	TC 10,11	£/PR
19.30-20.30	Tennis Group Coaching - Mixed	Beginner	TC 10,11	£/PR
19.30-21.00	Tennis Coaching & Matchplay - Mixed	Int / Adv	TC 2,3,4	£/PR
19.30-21.00	Badminton Club Sessions - Mixed	All Ratings	BC 1,2,3,4	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.30-11.30	Tennis Drills - Mixed	Intermediate	TC 10,11	£/PR
13.30-14.30	Racquets Welcome	All Ratings	TC 4,5	
19.30-21.00	Fast Track Tennis - Mixed	Beginner	TC 6,7	
19.30-21.00	Tennis Coaching & Matchplay - Mixed	Beginner	TC 10,11	£/PR

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.30-12.30	Tennis Club Sessions - Mixed	All Ratings	TC 2,3,4	
19.30-20.30	Tennis Group Coaching - Mixed	Intermediate	TC 10,11	£/PR
20.30-21.30	Tennis Drills - Mixed	Intermediate	TC 10,11	£/PR

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.30-11.30	Tennis Drill - Mixed	Intermediate	TC 10,11	£/PR
19.30-20.30	Racquets Welcome	All Ratings	TC 4,5	
19.30-21.00	Badminton Club Sessions - Mixed	All Ratings	BC 1,2,3,4	
19.30-21.30	Tennis Club Sessions - Mixed	All Ratings	TC 10,11,12,13	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11.30-12.30	Cardio Tennis - Mixed	All Ratings	TC 12,13	£/PP

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

LIFE. Be fit for it
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