DAVID LLOYD - Bristol Westbury - 0117 9597140

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.35-11.00	Tennis Coaching & Matchplay - Mixed	Imp / Int	Tennis Court1/2	£ *
19.00-20.00	Fast Track Tennis - Mixed	Beginner	Tennis Court 5	
19.00-20.00	Badminton Club Sessions - Mixed	All Ratings	Bad Crt 1/2/3/4	
20.00-21.30	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Tennis Court1/2	£

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.35-11.00	Tennis Coaching & Matchplay - Ladies	All Ratings	Tennis Court1/2	£
11.00-12.00	Tennis Welcome - Mixed	All Ratings	Tennis Court 1	
19.00-20.00	Tennis Welcome - Mixed	All Ratings	Tennis Court 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.00-8.00	Tennis Drills - Mixed	All Ratings	Tennis Court1/2	£
09.30-11.00	Fast Track Tennis - Mixed	Beginner	Tennis Court 5	
19.00-21.00	Tennis Club Sessions - Mixed	All Ratings	Tennis Court1-4	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
19.00-20.30	Tennis Group Coaching - Mixed	Advanced	Tennis Court1/2	£

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.35-11.00	Tennis Coaching & Matchplay - Mixed	All Ratings	Tennis Court1/2	£
17.40-19.40	Squash Club Sessions - Mixed	All Ratings	Squash Crt 1/2	
18.00-19.00	Cardio Tennis - Mixed	All Ratings	Tennis Court 6	£

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
18.00-21.00	Tennis Club Sessions - Mixed	All Ratings	Tennis Court1-4	

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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