



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.00	Tennis Drills - Mixed	All Ratings	ct1	pr
12.00-13.00	Tennis Group Coaching - Mixed	All Ratings	ct3	pr/co
19.00-20.30	Tennis Drills - Mixed	All Ratings	ct1	pr
19.00-20.30	Tennis Group Coaching - Mixed	Beginner	ct4/5	pr/co
19.00-20.30	Fast Track Tennis - Mixed	Beg / Imp	ct2	co
20.00-21.30	Tennis Group Coaching - Mixed	Improver	ct4/5	pr/co

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Fast Track Tennis - Mixed	Beg / Imp	ct 4/5	co
10.30-11.00	Badminton Club Sessions - Mixed	All Ratings	ct 1/2/3/4	
11.00-13.00	Tennis Club Sessions - Men's	Int / Adv	ct 6/7/8	
13.00-14.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	ct 6/7/8	pr/co
13.00-14.30	Tennis Coaching & Matchplay - Mixed	Int / Adv	ct 1/2/3	pr/co
19.00-20.00	Tennis Coaching & Matchplay - Mixed	Beg / Imp	ct 5	pr/co
19.00-21.00	Badminton Club Sessions - Mixed	All Ratings	ct 1/2/3/4	
19.15-20.45	Squash Club Sessions - Mixed	All Ratings	ct 1/2/3	
20.00-21.30	Tennis Coaching & Matchplay - Mixed	All Ratings	ct 6/7/8	pr/co
20.00-21.30	Tennis Coaching & Matchplay - Mixed	All Ratings	ct 1/2/3	pr/co

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-11.00	Tennis Coaching & Matchplay - Mixed	Improver	ct 1/2/3	pr/cl
12.00-13.00	Racquets Welcome	All Ratings	ct 4	
19.00-21.00	Tennis Matchplay - Ladies	Int / Adv	ct 6/7	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-11.00	Tennis Coaching & Matchplay - Mixed	Improver	ct 6/7	pr/co
12.00-13.30	Tennis Club Sessions - Mixed	All Ratings	ct 1/2/3/4/5	
20.00-21.00	Racquets Welcome	All Ratings	ct 4	
20.00-21.00	Tennis Coaching & Matchplay - Mixed	Improver	ct 6/7/8	pr/co

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.30-11.30	Tennis Coaching & Matchplay - Mixed	Improver	ct 2/3	pr/co
11.00-13.00	Tennis Club Sessions - Mixed	Int / Adv	ct 6/7/8	pr/cl
17.00-18.00	Cardio Tennis - Mixed	All Ratings	ct 5	pr/co
19.00-21.00	Tennis Club Sessions - Mixed	All Ratings	ct 1/2/3/4/5/6/7/8	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11.00-12.00	Cardio Tennis - Mixed	All Ratings	ct 3	pr/cl
13.00-14.00	Racquets Welcome	All Ratings	ct 4	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11.00-12.30	Tennis Coaching & Matchplay - Mixed	Improver	ct 1,2	pr/cl

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 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 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 Play Reception
- CL Class
- CO Course