



### MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.00	Tennis Drills - Mixed	All Ratings	CT1,2	PR,CL
12.00-13.00	Tennis Group Coaching - Mixed	All Ratings	CT2,3	PR,CO
19.00-20.30	Tennis Drills - Mixed	All Ratings	CT1	PR,CL
19.00-20.30	Tennis Group Coaching - Mixed	Beginner	CT4,5	PR,CO
20.00-21.30	Tennis Group Coaching - Mixed	Improver	CT4,5	PR,CO
20.00-21.00	Fast Track Tennis - Mixed	Beg / Imp	CT2	CO

### TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Fast Track Tennis - Mixed	Beg / Imp	CT4	CO
10.30-11.30	Tennis Group Coaching - Mixed	Beg / Imp	CT4	PR,CO
10.30-11.00	Badminton Matchplay - Mixed	All Ratings	CT1,2,3,4	
11.00-13.00	Tennis Matchplay - Mens	Advanced	CT6,7,8	
13.00-14.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	CT6,7	PP,CO
13.00-14.30	Tennis Coaching & Matchplay - Mixed	Int / Adv	CT2,3	PR,CO
19.00-20.00	Tennis Group Coaching - Mixed	Beg / Imp	CT4	PR,CO
19.00-21.00	Badminton Club Sessions - Mixed	All Ratings	CT1,2,3,4	
19.15-20.45	Squash Club Sessions - Mixed	All Ratings	CT1,2,3	
20.00-21.30	Tennis Coaching & Matchplay - Mixed	Intermediate	CT6,7,8	PR,CO
20.00-21.30	Tennis Coaching & Matchplay - Mixed	Advanced	CT1,2	PR,CO

### WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
12.00-13.00	Racquets Welcome	All Ratings	CT4	CL
18.30-19.30	Racquets Welcome	All Ratings	CT6	CL
19.00-21.00	Tennis Matchplay - Ladies	Int / Adv	CT6,7,8	CL
19.00-21.00	Tennis Matchplay - Ladies	Int / Adv	CT6,7,8	PP,CL

### THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-11.00	Tennis Coaching & Matchplay - Mixed	Improver	CT6,7	PR,CO
12.00-13.30	Tennis Club Sessions - Mixed	All Ratings	CT1,2,3,6,7,8	
20.00-21.30	Tennis Coaching & Matchplay - Mixed	Improver	CT6,7	PR,CO

### FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.00	Tennis Group Coaching - Mixed	Beginner	CT6	PR,CO
10.00-11.00	Tennis Group Coaching - Mixed	Beginner	CT7	PR,CO
10.00-11.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	CT2,3	PR,CL
11.00-13.00	Tennis Matchplay - Mixed	Advanced	CT6,7,8	
17.00-18.00	Cardio Tennis - Mixed	All Ratings	CT5	PR,CL
19.00-21.00	Tennis Club Sessions - Mixed	All Ratings	CT1,2,3,4,5,6,7,8	

### SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11.00-12.00	Cardio Tennis - Mixed	All Ratings	CT3	PR,CL
14.00-15.00	Racquets Welcome	All Ratings	CT3	CL

### SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11.00-12.30	Tennis Coaching & Matchplay - Mixed	Intermediate	CT1,2	PR,CL
18.00-20.00	Tennis Matchplay - Mens	Int / Adv	CT1,2,6,7	

### 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 Pay Reception
- CL Class
- CO Course