



### MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 11:00	Tennis Drills - Mixed	All Levels	Ind Crt 1, 2	
12:00 - 13:30	Coaching & Matchplay	Intermediate	Ind Crt 2, 3	
19:00 - 20:00	Fast Track	All Levels	Ind Crt 4, 5	
19:00 - 20:30	Group Coaching	Beginner	Ind Crt 2, 3	
19:00 - 20:30	Tennis Drills	Beginner/Improver	Ind Crt 1	
20:00 - 21:30	On Track	All Levels	Ind Crt 4	

### TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:30 - 11:30	Group Coaching	Beginner	Ind Crt 2, 3	
11:00 - 13:00	Over 55's Tennis - Mens	Intermediate	Ind Crt 5, 6, 7 & 8	
13:00 - 14:30	Coaching & Matchplay	Advanced	Ind Crt 2, 3	
13:00 - 14:30	Coaching & Matchplay	Intermediate	Ind Crt 6, 7	
19:00 - 20:00	Coaching & Matchplay	Intermediate	Ind Crt 6	
19:00 - 21:00	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1-4	
19:15 - 20:45	Squash Club Sessions - Mixed	All Levels	Sq Crt 1, 2 & 3	
20:00 - 21:30	Coaching & Matchplay	Advanced	Ind Crt 1, 2	
20:00 - 21:30	Coaching & Matchplay	Intermediate	Ind Crt 6, 7 & 8	

### WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
19:00 - 21:00	Team Practice - Ladies	Intermediate/Advanced	Ind Crt 6, 7	
20:00 - 21:30	Power Track	All Levels	Ind Crt 8	

### THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 11:00	Group Coaching	Beginner	Ind Crt 6, 7	
11:00 - 12:00	Cardio Tennis	All Levels	Ind Crt 3	
12:00 - 13:30	Tennis Club Sessions - Mixed	All Levels	Ind Crt 1-5, 6	
13:30 - 14:30	Tennis Club Sessions - Mixed	All Levels	Ind Crt 1, 2 & 3	
19:00 - 20:00	Racquets Welcome	All Levels	Ind Crt 3	
20:00 - 21:30	Coaching & Matchplay	Intermediate	Ind Crt 6, 7	

### FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
12:00 - 14:00	Over 55's Tennis - Mixed	Intermediate	Ind Crt 5, 6, 7 & 8	
17:00 - 18:00	Cardio Tennis	All Levels	Ind Crt 5	
19:00 - 21:00	Tennis Club Sessions - Mixed	All Levels	Ind Crt 1-5, 6, 7 & 8	

### SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11:00 - 12:00	Cardio Tennis	All Levels	Ind Crt 3	
12:00 - 13:00	Racquets Welcome	All Levels	Ind Crt 3	
14:00 - 15:30	Davis Cup Doubles	All Levels		
15:30 - 17:00	Davis Cup Doubles	All Levels	Ind Crt 1, 2, 4 & 5	

### SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11:00 - 12:30	Tennis Drills	Improver/Intermediate	Ind Crt 1, 2	
18:00 - 20:00	Team Practice - Mens	Intermediate/Advanced	Ind Crt 1, 2, 6 & 7	

### FIND 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 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