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ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1130	Tennis Coaching & Matchplay - Ladies	Imp / Int	Tennis 1,2	£PP
1300-1500	Tennis Club Sessions - Mixed	Imp / Int	Tennis 1,2	
1830-2000	Tennis Coaching & Matchplay - Mixed	Improver	Tennis 4,5	£PR
2000-2100	Cardio Tennis - Mixed	Imp / Int	Tennis 1	£PR
2000-2100	Fast Track Tennis - Mixed	Beginner	Tennis 4	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1100	Tennis Coaching & Matchplay - Mixed	Beginner	Tennis 6,7	£PP
1930-2030	Tennis Group Coaching - Mixed	Beginner	Tennis 4,5	£PP
1930-2100	Badminton Coaching & Matchplay - Mixed		Bad Courts	£PP

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1130	Tennis Coaching & Matchplay - Ladies	Imp / Int	Tennis 1,2	£PP
1000-1130	Badminton Coaching & Matchplay - Ladies	Imp / Int	Bad Courts	£PP
1900-2030	Tennis Coaching & Matchplay - Mixed	Advanced	Tennis 1,2	£PR
1900-2100	Badminton Club Sessions - Mixed	Int / Adv	Bad Courts	£PP
1930-2100	Tennis Coaching & Matchplay - Mixed	Intermediate	Tennis 6,7	£PR

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1030	Tennis Group Coaching - Mixed	Beginner	Tennis 6,7	£PP
1030-1200	Tennis Coaching & Matchplay - Mixed	Imp / Int	Tennis 6,7	£PP
1930-2100	Tennis Coaching & Matchplay - Mixed	Intermediate	Tennis 6,7	£PR
1930-2100	Badminton Coaching & Matchplay - Mixed		Bad Courts	£PP

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1830-2000	Squash Coaching & Matchplay - Mixed	Beg / Imp	Squash Courts	£PP

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1030-1130	Squash Welcome - Mixed	All Ratings	Squash Courts	
1100-1200	Tennis Group Coaching - Mixed	Improver	Tennis 1,2	£PP

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1100-1230	Tennis Coaching & Matchplay - Mixed	Intermediate	Tennis 1,2	£PR
1400-1500	Badminton Welcome - Mixed	All Ratings	Bad Courts	
1600-1730	Tennis Coaching & Matchplay - Mixed	Beginner	Tennis 4,5,6	£PP
1830-1930	Tennis Welcome - Mixed	All Ratings	Tennis 7	
2000-2200	Tennis Club Sessions - Mixed	Imp / Int	Tennis 4,5,6,7	

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 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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