



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
19.30 - 21.00	Tennis Coaching & Matchplay - Mixed	Intermediate	crts 4 & 5	£

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00 - 11.30	Tennis Coaching & Matchplay - Mixed	Advanced	crts 4 & 5	£

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 11.00	Tennis Coaching & Matchplay - Mixed	Intermediate	crts 4 & 5	£
11.00 - 12.30	Fast Track Tennis - Mixed	Beginner	crts 4 & 5	
19.30 - 21.00	Tennis Coaching & Matchplay - Mixed	Beg / Imp	crts 4 & 5	£

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00 - 11.00	Tennis Welcome - Mixed	All Ratings	crt 3	
11.00 - 12.30	Fast Track Tennis - Mixed	Beginner	crts 2 & 3	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
18.00 - 19.00	Tennis Welcome - Mixed	All Ratings	crt 4	
19.00 - 20.30	Tennis Coaching & Matchplay - Mens	Advanced	crts 4 & 5	£

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00 - 11.30	Tennis Matchplay - Mixed	Beg / Imp	crts 4 & 5	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 11.00	Tennis Coaching & Matchplay - Mixed	Beginner	crts 4 & 5	£
19.30 - 21.00	Tennis Matchplay - Mixed	Intermediate	crts 4 & 5	

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