



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 11.30	Tennis Coaching & Matchplay - Ladies	Improver	crts 2,3,4	PR£
09.30 - 11.30	Tennis Matchplay - Ladies	Intermediate	crts 9,10,11	PR£
11.30 - 13.00	Tennis Group Coaching - Mixed	Beg / Imp	crts 2,3	PR£
12.30 - 14.30	Tennis Drills - Ladies	Int / Adv	crts 9,10,11	PR£
19.30 - 20.30	Tennis Group Coaching - Mixed	Beginner	crts 7,8	PR£
19.30 - 21.30	Tennis Coaching & Matchplay - Mixed	Improver	crts 5,6	PR£

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 11.30	Tennis Drills - Ladies	Advanced	crts 3,4	PR£
11.30 - 13.30	Tennis Drills - Mens	Advanced	crts 2,3	PR£
12.30 - 14.30	Tennis Coaching & Matchplay - Mixed	Intermediate	crts 9,10,11,12	PR£
19.30 - 21.30	Tennis Club Sessions - Mixed	All Ratings	crts 5,6,7	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.30 - 12.30	Tennis Coaching & Matchplay - Ladies	Improver	crts 9,10	PR£
19.00 - 20.00	Cardio Tennis - Mixed	All Ratings	bubble 1,2	PPE
19.30 - 21.30	Tennis Matchplay - Mixed	Advanced	crts 2,3,4	PR£

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
12.30 - 14.30	Tennis Coaching & Matchplay - Mixed	Int / Adv	crts 2,3,4	PR£

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 11.30	Tennis Group Coaching - Ladies	Improver	crts 11,12	PR£
10.30 - 12.30	Tennis Drills - Ladies	Advanced	crts 2,3	PR£
12.30 - 14.30	Tennis Matchplay - Ladies	Int / Adv	crts 5,6,7	PR£
19.30 - 20.30	Racquets Welcome	All Ratings	crts 11,12	
19.30 - 21.30	Tennis Matchplay - Mens	Advanced	crts 5,6,7	PR£

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.30 - 12.30	Tennis Club Sessions - Mixed	Imp / Int	crts 2,3,4	
12.00 - 13.30	Fast Track Tennis - Mixed	Beginner	crts 11,12	
13.30 - 15.30	Tennis Club Sessions - Mixed	Int / Adv	crts 2,3,4	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 11.30	Tennis Coaching & Matchplay - Ladies	Imp / Int	crts 9,10,11	PR£
09.30 - 11.30	Tennis Matchplay - Ladies	Intermediate	crts 5,6,7,8	PR£
12.30 - 13.30	Racquets Welcome	All Ratings	crt 12	
19.00 - 20.30	Fast Track Tennis - Mixed	Beginner	crts 11,12	

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