



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 11:30	Tennis Matchplay - Ladies	All Levels	Ind Crt 10, 11,12 & 9	£
10:00 - 11:30	Padel - Ladies / Advanced	Intermediate	Padel Crt 1, 2	£
11:30 - 12:30	Fast Track	Beginner	Bad Crt 1, 2	
11:30 - 13:00	Tennis Group Coaching - Mixed	Beginner	Ind Crt 7, 8	£
12:30 - 14:30	Tennis Coaching & Matchplay - Ladies	All Levels	Ind Crt 10, 11 & 9	£
19:30 - 20:30	Fast Track Padel - Mixed	All Levels	Padel Crt 1, 2	
19:30 - 21:30	Tennis Group Coaching - Mixed	All Levels	Ind Crt 5, 6 & 7	£

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:30 - 12:30	Coaching & Matchplay	Improver/Intermediate	Ind Crt 10, 9	£
11:00 - 12:30	Padel - Mixed	Intermediate	Padel Crt 1, 2	£
19:00 - 20:00	Cardio Tennis	All Levels	Out Crt 1, 2	£
19:00 - 21:00	Padel - CLUB Night Mixed	All Levels	Padel Crt 1, 2	
19:30 - 21:30	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1, 2 & 3	
19:30 - 21:30	Tennis Matchplay - Mixed	All Levels	Ind Crt 5, 6	£

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 11:30	Badminton Group Coaching - Ladies	All Levels	Bad Crt 1, 2	£
10:30 - 12:30	Tennis Drills - Ladies	All Levels	Ind Crt 7, 8	£
11:30 - 12:30	Fast Track Padel - Mixed	All Levels	Padel Crt 1, 2	
12:30 - 14:30	Tennis Coaching & Matchplay - Ladies	All Levels	Ind Crt 5, 6 & 7	£
18:30 - 19:30	Fast Track	Beginner	Bad Crt 1, 2	
18:30 - 19:30	Fast Track Padel - Mixed	All Levels	Padel Crt 1, 2	
19:30 - 20:30	Tennis Welcome - Mixed	All Levels	Ind Crt 11, 12	
19:30 - 21:30	Matchplay - Invitation	Advanced	Ind Crt 5, 6 & 7	£
20:00 - 21:00	Racquets Welcome	All Levels	Padel Crt 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 11:30	Tennis Matchplay - Ladies	All Levels	Ind Crt 5, 6,7 & 8	£
11:30 - 12:30	Tennis Welcome - Mixed	All Levels	Ind Crt 12	
12:00 - 13:00	Racquets Welcome	All Levels	Padel Crt 1	
19:00 - 21:00	Padel - CLUB Night Mixed	All Levels	Padel Crt 1, 2	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 11:30	Tennis Drills - Ladies	All Levels	Ind Crt 7, 8	£
10:00 - 11:30	Padel - Ladies Coaching	Improver	Padel Crt 1, 2	£
12:30 - 14:30	Tennis Coaching & Matchplay - Mixed	All Levels	Ind Crt 10, 11 & 9	£
19:00 - 20:30	Padel - Mens Coaching	Intermediate/Advanced	Padel Crt 1, 2	
19:30 - 21:30	Tennis Club Sessions - Mixed	All Levels	Ind Crt 5, 6,7 & 8	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:30 - 12:30	Padel Club Morning - Mixed	All Levels	Padel Crt 1, 2	
12:30 - 14:00	Fast Track Tennis - Mixed	Advanced	Ind Crt 11, 12	£
13:00 - 17:00	Ladies Matches	All Levels	Ind Crt 7, 8	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:30 - 12:30	Tennis Club Sessions - Mixed	All Levels	Ind Crt 6, 7 & 8	
12:00 - 13:30	Fast Track Tennis - Mixed	All Levels	Ind Crt 11, 12	
13:30 - 15:30	Tennis Club Sessions - Mixed	All Levels	Ind Crt 10, 11 & 9	

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