

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Cardio Tennis - Mixed	All Ratings	Crts 1&2	£ PP
10.00-12.00	Tennis Club Sessions - Mixed	All Ratings	Crts 3&4	
18.00-19.00	Badminton Group Coaching - Mixed	Beginner	Bad. Crts 1&2	*
19.00-20.00	Badminton Welcome - Mixed	All Ratings	Bad. Crts 1&2	*
19.00-20.30	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Crts 3&4	£ PR*
19.00-21.00	Tennis Drills - Mixed	Int / Adv	Crts 1&2	£ PR
20.00-21.30	Badminton Coaching & Matchplay - Mixed	Imp / Int	Bad. Crts 1&2	£ PP

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Coaching & Matchplay - Ladies	Beg / Imp	Crts 1&2	£ PP*
17.00-19.00	Tennis Drills - Ladies	Int / Adv	Crts 3&4	£ PR*
19.00-20.00	Tennis Group Coaching - Mixed	Beg / Imp	Crts 3&4	£ PR*
19.00-20.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	Crts 1&2	£ PR
19.00-21.00	Badminton Drills - Mixed	Imp / Int	Bad. Crts 1&2	£ PR
20.00-21.30	Tennis Coaching & Matchplay - Mixed	Intermediate	Crts 5,6&7	£ PR

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-10.30	Badminton Coaching & Matchplay - Ladies	Beg / Imp	Bad. Crts 1&2	£ PP
10.00-11.30	Tennis Coaching & Matchplay - Ladies	Imp / Int	Crts 1&2	£ PP
18.00-19.00	Fast Track Tennis - Mixed	Beginner	Crts 3&4	*
18.00-20.00	Badminton Club Sessions - Mixed	Imp / Int	Bad. Crts 1&2	*
19.00-20.00	Tennis Welcome - Mixed	All Ratings	Crts 3&4	*
19.00-20.00	Squash Welcome - Mixed	All Ratings	Sq. Crts 1	*
19.00-21.00	Tennis Drills - Mixed	Int / Adv	Crts 1&2	£ PR
19.00-22.00	Tennis Club Sessions - Mixed	Imp / Int	Crts 3,4,5,6&7	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Coaching & Matchplay - Ladies	Imp / Int	Crts 1&2	£ PP*
18.00-20.00	Badminton Club Sessions - Mixed	Imp / Int	Bad. Crts 1&2	*
19.00-20.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	Crts 3&4	£ PR
19.00-22.00	Tennis Club Sessions - Mixed	Int / Adv	Crts 5&6	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Cardio Tennis - Mixed	All Ratings	Crts 1&2	£ PP
10.00-12.00	Tennis Drills - Mixed	Imp / Int	Crts 5&6	£ PP
10.00-12.00	Tennis Club Sessions - Mixed	All Ratings	Crts 3&4	
17.30-20.30	Racquetball Club Sessions - Mixed	All Ratings	Sq. Crts 1&2	
19.00-21.00	Badminton Club Sessions - Mixed	Imp / Int	Bad. Crts 1&2	
19.00-21.00	Tennis Drills - Mixed	Intermediate	Crts 1&2	£ PR

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
12.00-13.00	Tennis Welcome - Mixed	All Ratings	Crts 3&4	*
13.00-14.00	Fast Track Tennis - Mixed	Beginner	Crts 3&4	
14.00-17.00	Tennis Club Sessions - Men's	Beg / Imp	Crts 5,6&7	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-12.00	Tennis Club Sessions - Mixed	Imp / Int	Crts 5,6,&7	*
17.30-18.30	Squash Club Sessions - Mixed	Beg / Imp	Sq. Crts 1&2	
18.00-21.00	Badminton Club Sessions - Mixed	All Ratings	Bad. Crts 1&2	
18.30-20.30	Squash Club Sessions - Mixed	Imp / Int	Sq. Crts 1&2	

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