# DAVID LLOYD LEISURE - DUDLEY - 01384 344044

## ADULT RACQUETS PROGRAMME JULY - AUGUST 2010

### MONDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 19:00 - 20:00 | Tennis Welcome - Mixed | All Levels | Ind Crt 4 | |

### TUESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:00 - 11:00 | Other Events | All Levels | Sq Crt 3 | |
| 09:00 - 11:00 | Other Events | All Levels | Sq Crt 3 | |
| 10:00 - 10:45 | Tennis Group Coaching - Ladies | All Levels | Ind Crt 1 | |
| 10:00 - 10:45 | Tennis Group Coaching - Ladies | All Levels | Ind Crt 2 | |
| 10:45 - 11:30 | Tennis Group Coaching - Ladies | All Levels | Ind Crt 1 | |
| 10:45 - 11:30 | Tennis Group Coaching - Ladies | All Levels | Ind Crt 2 | |
| 18:00 - 20:00 | Other Events | All Levels | Sq Crt 1 | |
| 18:00 - 20:00 | Other Events | All Levels | Sq Crt 2 | |
| 18:00 - 20:00 | Other Events | All Levels | Sq Crt 3 | |
| 19:00 - 20:30 | Tennis Drills | Beginner/Improver | Ind Crt 4, 5 | |
| 19:00 - 20:30 | Tennis Drills | Beginner/Improver | Ind Crt 5 | |

### WEDNESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 12:30 - 17:30 | Other Events | All Levels | Studio | |

### THURSDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:00 - 15:00 | Other Events | All Levels | Bad Crt 4 | |
| 18:00 - 20:00 | Other Events | All Levels | Sq Crt 1 | |
| 18:00 - 20:00 | Other Events | All Levels | Sq Crt 3 | |
| 19:30 - 21:00 | Tennis Drills | Intermediate | Ind Crt 1, 2 & 3 | |

### FRIDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 10:00 - 10:45 | Tennis Group Coaching - Ladies | All Levels | Ind Crt 1, 2 | |
| 10:00 - 10:45 | Tennis Group Coaching - Ladies | All Levels | Ind Crt 2 | |
| 10:45 - 11:30 | Tennis Group Coaching - Ladies | All Levels | Ind Crt 1, 2 | |
| 10:45 - 11:30 | Tennis Group Coaching - Ladies | All Levels | Ind Crt 2 | |

### SATURDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 13:30 - 15:00 | Tennis Drills | Beginner/Improver | Ind Crt 1 | |
| 13:30 - 15:00 | Tennis Drills | Beginner/Improver | Ind Crt 2 | |
| 18:00 - 20:00 | Other Internal Tennis Events and Tournaments | All Levels | Ind Crt 1 | |
| 18:00 - 20:00 | Other Internal Tennis Events and Tournaments | All Levels | Ind Crt 2 | |
| 18:00 - 20:00 | Other Internal Tennis Events and Tournaments | All Levels | Ind Crt 3 | |

### SUNDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:00 - 11:00 | Other Events | All Levels | Ind Crt 6 | |
| 09:00 - 11:00 | Other Events | All Levels | Ind Crt 6 | |

### 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

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|---|---|
| £ | Additional fee for this class |
| * | Adult class coincides with children's activity |
| PP | Pay Pro |
| PR | Pay Reception |
| CL | Class |
| CO | Course |

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