



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1830 - 1930	Fast Track 1	Beginner	Tennis courts	
1930 - 2030	Tennis Coaching & Matchplay - Mixed	Beginner	Tennis courts	£

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1830-1930	Fast Track Tennis - Mixed	Improver	Tennis courts	£
19.00 - 20.00	Tennis Coaching & Matchplay - Ladies	Beg / Imp	Tennis courts	£
20.00 - 21.00	Tennis Matchplay - Mens	Int / Adv	Tennis courts	£

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0900-1000	Racquets Welcome	All Ratings	Tennis courts	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1800 - 2000	Tennis Club Sessions - Mixed	All Ratings	Tennis courts	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
18.30 - 19.30	Racquets Welcome	All Ratings	Tennis courts	
19.30 - 20.30	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Tennis courts	£

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