DAVID LLOYD - EASTBOURNE - 01323 509802

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1130	Tennis Coaching & Matchplay - Mixed	Imp / Int	Tennis Courts	£ PP
1700-1900	Badminton Club Sessions - Mixed	All Ratings	Badminton Cts	
1900-2030	Tennis Drills - Mixed	Advanced	Tennis Courts	£ PR
2030-2200	Tennis Coaching & Matchplay - Mixed	Imp / Int	Tennis Courts	£ PR

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1700-1900	Badminton Club Sessions - Mixed	All Ratings	Badminton Cts	
1800-1900	Racquets Welcome	All Ratings	Tennis Courts	
1900-2030	Tennis Coaching & Matchplay - Mixed	Intermediate	Tennis Courts	£ PR

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1100	Tennis Coaching & Matchplay - Mixed	Intermediate	Tennis Courts	£ PP
1900-2030	Tennis Coaching & Matchplay - Mixed	Intermediate	Tennis Courts	£ PP
2030-2200	Fast Track Tennis - Mixed	Beg / Imp	Tennis courts	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1030-1200	Tennis Coaching & Matchplay - Mixed	Imp / Int	Tennis Courts	£ PP
1800-1930	Fast Track Tennis - Mixed	Beg / Imp	Tennis Courts	
1930-2100	Tennis Coaching & Matchplay - Mixed	Imp / Int	Tennis Courts	£ PR

KEY

£ Additional fee for this class

* Adult class coincides with children's activity

PP Pay Pro

PR Pay Reception

CL Class

CO Course

LIFE. Be fit for it

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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0900-1030	Tennis Coaching & Matchplay - Ladies	Imp / Int	Tennis Courts	£ PR
1030-1200	Tennis Coaching & Matchplay - Mixed	Intermediate	Tennis Courts	£ PP
1830-2030	Tennis Club Sessions - Mixed	All Ratings	Tennis Courts	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1700-1900	Squash Club Sessions - Mixed	All Ratings	Squash Courts	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0900-1030	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Tennis Courts	£ PR
1400-1530	Fast Track Tennis - Mixed	Beg / Imp	Tennis Courts	
1530-1630	Racquets Welcome	All Ratings	Tennis Courts	
1530-1730	Squash Club Sessions - Mixed	All Ratings	Squash 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

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