DAVID LLOYD LEISURE - EASTBOURNE - 01323 509 802

ADULT RACQUETS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 11:30	Coaching & Matchplay	Improver/Intermediate	Ind Crt 1, 2	
17:00 - 19:00	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1, 2 & 3	
19:00 - 20:30	Tennis Drills	Advanced	Ind Crt 1, 2 & 3	
20:30 - 22:00	Coaching & Matchplay	Improver/Intermediate	Ind Crt 1, 2 & 3	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 11:00	Coaching & Matchplay	Intermediate	Ind Crt 1, 2,3 & 4	
19:00 - 20:30	Coaching & Matchplay	Intermediate	Ind Crt 1, 2,3 & 4	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
17:00 - 19:00	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1, 2 & 3	
18:00 - 19:00	Tennis Welcome - Mixed	All Levels	Ind Crt 4	
19:00 - 20:30	Coaching & Matchplay	Improver/Intermediate	Ind Crt 1, 2 & 3	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:30 - 12:00	Coaching & Matchplay	Improver/Intermediate	Ind Crt 1	
18:00 - 19:30	Fast Track	Beginner	Ind Crt 5., 6	
19:30 - 21:00	Coaching & Matchplay	Intermediate	Ind Crt 1, 2	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:30 - 12:00	Coaching & Matchplay	Intermediate	Ind Crt 1, 2	
18:30 - 20:30	Club Sessions - Mixed	All Levels	Ind Crt 1-5., 6	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:30	Coaching & Matchplay	Improver/Intermediate	Ind Crt 3, 4	
12:30 - 14:00	Coaching & Matchplay	Beginner	Ind Crt 3	
15:30 - 16:30	Tennis Welcome - Mixed	All Levels	Ind Crt 4	
15:45 - 17:45	Squash Club Sessions - Mixed	All Levels	Sq Crt 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:30 - 11:30	Squash Welcome - Mixed	All Levels	Sq Crt 1	
17:00 - 19:00	Squash Club Sessions - Mixed	All Levels	Sq Crt 1, 2	

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

LIFE. Be fit for it
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