DAVID LLOYD - EDINBURGH - 0131 316 2300

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	Court 2	PP
19.30-21.00	Tennis Coaching & Matchplay - Mixed	Imp / Int	Court 2	PP

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Drills Workout	All Ratings	Court 2	PR
18.30-19.30	Cardio Tennis - Mixed	All Ratings	Court 6	
19.30-21.00	Tennis Coaching & Matchplay - Mixed	Improver	Court 2	PP

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Tennis Coaching and Matchplay	Intermediate	Court 2	PP
18.00-19.30	Fast Track Tennis - Mixed	All Ratings	Court 6	
19.30-20.30	Tennis Welcome - Mixed	All Ratings	Court 6	
19.30-21.00	Tennis Coaching & Matchplay - Mixed	Intermediate	Court 2	PP

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Coaching and Matchplay	Improver	Court 2	PR
19.00-20.00	Tennis Group Coaching - Mixed	Beginner	Court 5	PP
19.00-21.00	Squash Club Sessions - Mixed	All Ratings	Court 2	
20.00-21.30	Tennis Club Sessions - Mixed	All Ratings	Court 6	
20.00-22.00	Badminton Club Sessions - Mixed	All Ratings	Court 1	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Coaching & Matchplay - Mixed	Intermediate	Court 6	PR
19.30-21.00	Tennis Matchplay - Mixed	All Ratings	Court 2	PR

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.00-09.30	Fast Track Tennis - Mixed	All Ratings	Court 6	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Coaching & Matchplay - Mixed	Beginner	Court 5	PP
12.00-13.30	Tennis Coaching & Matchplay - Mixed	Intermediate	Court 5	PP

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 fi nd 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

LIFE. Be fit for it
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