DAVID LLOYD - EPSOM - 01372 747224

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0915-1030	Squash Group Coaching - Mixed	All Ratings	Sq. Crts 1,2	£
1000-1200	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Courts 1,2,3	£
1800-1900	Racquets Welcome	All Ratings	Court 4	
1900-2100	Tennis Drills - Mixed	Imp / Int	Courts 1,2,3	£

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1100	Fast Track Tennis - Mixed	Beginner	Courts 6,7	CO
1030-1200	Tennis Drills - Mixed	Beg / Imp	Courts 1,2	£
1845-2100	Squash Club Sessions - Mixed	All Ratings	Sq. Crts 1,2	
1900-2100	Tennis Matchplay - Mixed	Imp / Int	Courts 1,2,3	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1200	Tennis Matchplay - Mixed	Beg / Imp	Courts 1,2,3	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1130	Tennis Coaching & Matchplay - Mixed	Beginner	Courts 1,2	£
1900-2100	Tennis Club Sessions - Men's	Advanced	Courts 1,2,3	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1200	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Courts 1,2,3	£

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0900-1100	Tennis Club Sessions - Ladies	Intermediate	Courts 5,6,7	
1230-1330	Racquets Welcome	All Ratings	Courts 6,7	
1330-1500	Fast Track Tennis - Mixed	Beginner	Courts 6,7	CO
1400-1530	Tennis Coaching & Matchplay - Mixed	Beginner	Courts 1,2	£
1730-1930	Squash Club Sessions - Mixed	Imp / Int	Sq. Crts 1,2	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1700-1900	Squash Club Sessions - Mixed	All Ratings	Sq. Crts 1,2	

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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