DAVID LLOYD - FINCHLEY - 02084922250

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07.30-08.30	Mens drills	Int / Adv	Indoor courts	£
08.30-09.30	Tennis Matchplay - Mens	Int / Adv	Indoor courts	PP
12.00-14.00	Tennis Drills - Mixed	Imp / Int	Indoor courts	£
20.00-22.00	Tennis Coaching & Matchplay - Mixed	All Ratings	Indoor courts	£
20.00-23.00	Badminton Club Sessions - Mixed	All Ratings	Badminton cts	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Group coaching	Imp / Int	Indoor courts	£
10.00-12.00	Tennis Drills - Ladies	Imp / Int	Indoor courts	£
19.00-20.00	Racquets Welcome	All Ratings	Indoor courts	
19.00-21.00	Tennis Coaching & Matchplay - Mixed	Imp / Int	Indoor courts	£
19.00-20.00	Badminton Welcome - Mixed	All Ratings	Badminton cts	
20.00-21.00	Badminton Group Coaching - Mixed	Beg / Imp	Badminton cts	£

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Group coaching - Mixed	Imp / Int	Indoor courts	£
12.00-14.00	Tennis Drills - Mixed	Imp / Int	Indoor courts	£
12.00-13.30	Fast Track Tennis - Mixed	Beginner	Indoor courts	
18.30-21.30	Badminton Club Sessions - Mixed	All Ratings	Badminton cts	
19.00-21.00	Tennis Coaching & Matchplay - Mixed	Imp / Int	Indoor courts	£

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Tennis coaching & matchplay - mixed	Beg / Imp	Indoor courts	£
19.00-21.00	Tennis Group Coaching - Mixed	Beg / Imp	Indoor courts	£
19.00-20.30	Fast Track Tennis - Mixed	Beginner	Indoor courts	
21.00-23.00	Tennis Club Sessions - Mixed	All Ratings	Indoor courts	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Cardio tennis and matchplay	Intermediate	Indoor courts	£
19.00-21.00	Tennis Matchplay - Mixed	Intermediate	Indoor courts	£

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.00	racquets welcome	Beginner	Indoor courts	
12.00-13.30	Badminton Club Sessions - Mixed	All Ratings	Badminton cts	
14.00-16.00	Tennis Matchplay - Mixed	Imp / Int	Indoor courts	£
17.00-18.00	Cardio Tennis - Mixed	Intermediate	Indoor courts	PP

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Matchplay - mixed	Imp / Int	Indoor courts	£
16.00-17.00	Tennis Drills - Mixed	Imp / Int	Indoor courts	PP
17.00-19.00	Tennis Club Sessions - Mixed	All Ratings	Indoor courts	
17.00-20.00	Badminton Coaching & Matchplay - Mixed	Intermediate	Badminton cts	£

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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