DAVID LLOYD - GIDEA PARK - 01708 463 250

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1030	Tennis Coaching & Matchplay - Mixed	Beginner	Court 1 / 2	PR *
1030-1230	Cardio Tennis - Mixed	Beginner	Court 5 / 6	
1030-1230	Tennis Coaching & Matchplay - Mixed	Improver	Court 1 / 2	PR
1830-1930	Tennis Group Coaching - Mixed	Beg / Imp	Court 5 / 6	PR

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1030	Tennis Coaching & Matchplay - Ladies	Beg / Imp	Court 1 / 2	PR *
1030-1230	Tennis Coaching & Matchplay - Ladies	Imp / Int	Court 1 / 2	PR
1930-2030	Racquets Welcome	Imp / Int	Court 7	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1030	Cardio Tennis - Mixed	All Ratings	Court 1 / 2	*
1200-1400	Tennis Matchplay - Ladies	Imp / Int	Court 5	PR
1800-1900	Tennis Drills - Mixed	Beginner	Court 2	PR
2000-2100	Tennis Matchplay - Mens	Imp / Int	Court 1 / 2	PR

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1030	Tennis Coaching & Matchplay - Mens	Beg / Imp	Court 1 / 2	PR *
1030-1230	Tennis Coaching & Matchplay - Mens	Imp / Int	Court 1 / 2	PR
1930-2030	Tennis Group Coaching - Mixed	Beginner	Court 5	PR
2000-2200	Tennis Club Sessions - Mixed	Imp / Int	Court 6 / 7	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1200	Tennis Matchplay - Mixed	Int / Adv	Court 1 / 2	
1200-1400	Tennis Matchplay - Ladies	Imp / Int	Court 1 / 2	
1830-1930	Tennis Group Coaching - Mixed	Beginner	Court 5	*
1830-1930	Squash Group Coaching - Mixed	Beginner	Squash Court 1	*
2000-2100	Tennis Drills - Mixed	Beginner	Court 5	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0900-1100	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Court 5 / 6	PR *
1100-1230	Tennis Drills - Mixed	Imp / Int	Court 5 / 6	PR
1230-1400	Fast Track Tennis - Mixed	Beg / Imp	Court 1 / 2	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1030-1200	Tennis Matchplay - Mixed	Improver	Courts 6 / 7	PR
1300-1400	Racquets Welcome		Court 7	
1600-1800	Tennis Matchplay - Mixed	Beg / Imp	Court 1 / 2	PR

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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