



### MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1900-2000	Racquets Welcome	All Ratings	Court 4	
2000-2130	Tennis Coaching & Matchplay - Mixed	Imp / Int	Court 3+4	£

### FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1200	Tennis Coaching & Matchplay - Ladies	Advanced	Courts1+2	£
1830-1930	Tennis Drills - Mixed	Intermediate	Courts1+2	£

### TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1200	Tennis Coaching & Matchplay - Ladies	Intermediate	Courts 1+2	£
1900-2000	Tennis Drills - Mixed	Imp / Int	Courts 1+2	£

### SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1300-1400	Tennis Drills - Mixed	Imp / Int	Courts1+2	£

### WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1900-2100	Tennis Club Sessions - Mixed	All Ratings	Courts 1-3	

### SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY

### THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1200	Tennis Coaching & Matchplay - Mixed	Imp / Int	Courts 1+2	£
1830-2000	Fast Track Tennis - Mixed	All Ratings	Courts 3+4	£
2000-2130	Tennis Coaching & Matchplay - Mixed	Imp / Int	Courts 3+4	£

### 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 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 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