DAVID LLOYD - HESTON - 020 8573 9378

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30-08:00	Badminton Club Sessions - Mixed	All Ratings	Crts 1, 2 & 3	
19:00-20:30	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Crt 1	£ PP
19:00-21:00	Tennis Drills - Mixed	Int / Adv	Crts 2 & 3	£ PP

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30-08:00	Badminton Club Sessions - Mixed	All Ratings	Crts 1, 2 & 3	
19:00-21:30	Tennis Club Sessions - Men's	Advanced	Crts 4, 5 & 6	£ PP
19:20-20:00	Badminton Welcome - Mixed	All Ratings	Crt 1	
19:20-21:00	Badminton Club Sessions - Mixed	All Ratings	Crts 1, 2 & 3	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30-08:00	Badminton Club Sessions - Mixed	All Ratings	Crts 1, 2 & 3	
15:30-18:00	Tennis Club Sessions - Mixed	Int / Adv	Crts 4, 5 & 6	
19:00-21:00	Tennis Coaching & Matchplay - Ladies	Int / Adv	Crt 4	
19:00-21:00	Tennis Coaching & Matchplay - Mixed	Int / Adv	Crt 2	£ PP
19:20-21:00	Badminton Matchplay - Mens	Advanced	Crts 1 & 2	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30-08:00	Badminton Club Sessions - Mixed	All Ratings	Crts 1, 2 & 3	
17:00-19:00	Tennis Coaching & Matchplay - Mixed	Int / Adv	Crts 2 & 3	£ PR
19:00-19:55	Cardio Tennis - Mixed	Beg / Imp	Crt 1	£ PP
19:00-20:00	Tennis Welcome - Mixed	Beginner	Crt 3	
19:00-20:00	Fast Track Tennis - Mixed	Beginner	Crt 2	
20:00-20:55	Cardio Tennis - Mixed	Imp / Int	Crt 1	£ PP
20:30-22:00	Tennis Coaching & Matchplay - Mixed	Imp / Int	Crts 2 & 3	£ PP

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
06:30-08:00	Badminton Club Sessions - Mixed	All Ratings	Crts 1, 2 & 3	
15:00-18:00	Tennis Club Sessions - Mixed	Int / Adv	Crts 4, 5, 6 & 7	
19:00-21:30	Tennis Club Sessions - Mixed	Imp / Int	Crts 4, 5, 6 & 7	
19:20-21:20	Squash Club Sessions - Mixed	All Ratings	Crts 1, 2 & 3	
19:20-22:00	Badminton Club Sessions - Mixed	Advanced	Crts 1, 2 & 3	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:30-10:30	Badminton Group Coaching - Mixed	All Ratings	Crts 1 & 2	
14:00-15:00	Tennis Welcome - Mixed	Beginner	Crt 4	
15:00-17:00	Tennis Club Sessions - Mixed	Imp / Int	Crts 2, 4, 5 & 6	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
17:00-19:00	Badminton Matchplay - Mixed	All Ratings	Crt 1	

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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