DAVID LLOYD - GLORY MILL - 01628524411

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
12.30-14.00	Fast Track Tennis - Mixed	Beginner	Outdoor Courts	
19.00-21.00	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Outdoor Courts	£PR

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Tennis Coaching & Matchplay - Mixed	Imp / Int	Outdoor Courts	£PP
13.00-15.00	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Outdoor Courts	
19.00-21.00	Tennis Club Sessions - Mixed	Advanced	Outdoor Courts	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Tennis Club Sessions - Mixed	All Ratings	Outdoor Courts	
12.30-14.00	Fast Track Tennis - Mixed	Beginner	Outdoor Courts	
18.10-19.00	Tennis Welcome - Mixed	All Ratings	Outdoor Courts	
19.00-21.00	Tennis Coaching & Matchplay - Mixed	Imp / Int	Outdoor Courts	£PP

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Tennis Coaching & Matchplay - Mixed	Imp / Int	Outdoor Courts	£PP
12.10-13.00	Tennis Welcome - Mixed	All Ratings	Outdoor Courts	
13.00-15.00	Tennis Club Sessions - Mixed	All Ratings	Outdoor Courts	
19.00-21.00	Tennis Club Sessions - Mixed	All Ratings	Outdoor Courts	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.00	Tennis Drills - Mixed	Int / Adv	Outdoor Courts	£PR
18.30-20.00	Fast Track Tennis - Mixed	Beg / Imp	Outdoor Courts	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Tennis Club Sessions - Mixed	Imp / Int	Outdoor Courts	
17.00-19.00	Tennis Club Sessions - Mixed	Beg / Imp	Outdoor Courts	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Tennis Club Sessions - Mixed	All Ratings	Outdoor Courts	

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
DAVIDLLOYD.CO.UK