

**MONDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 12:00	Tennis Club Sessions - Mixed	Intermediate	Indoor 4, 5 & 6	CL
09:30 - 11:00	Tennis Group Coaching - Mixed	Int / Adv	Indoor 1, 2 & 3	CL
18:00 - 19:00	Tennis Welcome - Mixed	All Ratings	Indoor 5	CL

**FRIDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00 - 12.00	Tennis Matchplay - Mixed	Intermediate	Indoor 1 - 4	£ CL PP

**TUESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
19.00 - 20.30	Fast Track Tennis - Mixed	Beginner	Indoor 1, 2 & 3	£ CO PR

**SATURDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
13.00 - 14.30	Tennis Drills - Mixed	Intermediate	Indoor 4 & 5	£ CL PP

**WEDNESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00 - 12.00	Tennis Coaching & Matchplay - Mixed	Intermediate	Indoor 1, 2 & 3	CL
11.00 - 12.00	Cardio Tennis - Mixed	All Ratings	Indoor 5	£ CL PR
19.00 - 21.00	Tennis Club Sessions - Mixed	Intermediate	Indoor 1 - 5	CL
19.00 - 21.00	Badminton Club Sessions - Mixed	All Ratings	Badminton 1 - 4	CL

**SUNDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
17.30 - 19.30	Tennis Club Sessions - Mixed	All Ratings	Indoor 1, 2, & 3	CL

**THURSDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30 - 11.00	Tennis Group Coaching - Ladies	Intermediate	4 & 5	£ CL PR
19.00 - 20.00	Tennis Group Coaching - Mixed	Improver	2 & 3	£ CL 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 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