



**MONDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Coaching & Matchplay - Mixed	Intermediate	CRT 1&2	£/*
11.30-13.00	Tennis Coaching & Matchplay - Mixed	Improver	CRT 1&2	£
19.00-20.30	Tennis Coaching & Matchplay - Mixed	Intermediate	CRT 1&2	£
19.00-20.00	Badminton Welcome - Mixed	All Ratings	MSH	
19.00-21.00	Badminton Coaching & Matchplay - Mixed	All Ratings	MSH	
20.30-22.00	Tennis Coaching & Matchplay - Mixed	Advanced	CRT 1&2	£
20.30-21.30	Tennis Group Coaching - Mixed	Beginner	CRT 3	£/CO

**TUESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	CRT 1&2	£
11.30-13.00	Tennis Coaching & Matchplay - Mixed	Beginner	CRT 1&2	£
13.00-15.00	Tennis Club Sessions - Mixed	Imp / Int	CRT 1-5	
19.00-20.00	Tennis Group Coaching - Mixed	Improver	CRT 3	£/CO
19.00-20.00	Tennis Welcome - Mixed	All Ratings	CRT 2&3	
20.30-22.00	Tennis Coaching & Matchplay - Mixed	Intermediate	CRT 4&5	£

**WEDNESDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	CRT 1&2	£/CO/*
11.30-13.00	Fast Track Tennis - Mixed	Beg / Imp	CRT 1&2	CO
12.00-13.00	Tennis Group Coaching - Mixed	Beg / Imp	CRT 3	£/CO/*
13.00-14.30	Tennis Coaching & Matchplay - Mixed	Improver	CRT 1&2	£/CO/*
19.00-20.30	Tennis Coaching & Matchplay - Mixed	Int / Adv	CRT 1&2	£
19.50-20.30	Squash Welcome - Mixed	All Ratings	CRT 1	
20.30-22.30	Squash Group Coaching - Mixed	All Ratings	CRT 1	
20.30-22.00	Tennis Coaching & Matchplay - Mixed	Imp / Int	CRT 1-3	£

**THURSDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.00	Tennis Welcome - Mixed	All Ratings	CRT 5	*
10.00-11.30	Tennis Coaching & Matchplay - Mixed	Intermediate	CRT 1&2	£/*
13.00-14.00	Cardio Tennis - Mixed	Imp / Int	CRT 5	£
13.00-14.00	Tennis Group Coaching - Mixed	Improver	CRT 1	£/CO
19.00-20.00	Tennis Group Coaching - Mixed	Improver	CRT 1	£/CO/*
20.00-21.00	Tennis Coaching & Matchplay - Mixed	Imp / Int	CRT 4&5	£

**FRIDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-10.00	Tennis Group Coaching - Mixed	Improver	CRT 5	£/CO
10.00-11.00	Tennis Group Coaching - Mixed	Improver	CRT 5	£
10.00-11.30	Tennis Coaching & Matchplay - Mixed	Improver	CRT 1&2	£
11.30-13.00	Tennis Coaching & Matchplay - Mixed	Int / Adv	CRT 1&2	£/CO
14.00-15.00	Tennis Group Coaching - Mixed	Beginner	CRT 5	£/CO
19.10-22.30	Squash Club Sessions - Mixed	All Ratings	CRT 1&2	
20.00-22.00	Tennis Club Sessions - Mixed	Imp / Int	CRT 1-5	

**SATURDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-11.00	Tennis Coaching & Matchplay - Mixed	Intermediate	CRT 4&5	
13.00-14.30	Tennis Coaching & Matchplay - Mixed	Improver	CRT 1&2	
14.30-16.00	Tennis Coaching & Matchplay - Mixed	Advanced	CRT 1&2	
15.00-16.00	Tennis Group Coaching - Mixed	Beginner	CRT 3	
15.00-16.00	Tennis Group Coaching - Mixed	Imp / Int	CRT 5	
16.00-17.00	Tennis Group Coaching - Mixed	Improver	CRT 3	

**SUNDAY**

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-10.30	Tennis Club Sessions - Mixed	Beginner	CRT 4&5	
10.30-12.00	Tennis Coaching & Matchplay - Mixed	Intermediate	CRT 1&2	£
15.00-16.30	Fast Track Tennis - Mixed	Beg / Imp	CRT 4&5	CO
16.30-18.00	Tennis Coaching & Matchplay - Mixed	Beginner	CRT 4&5	£
18.00-20.00	Tennis Club Sessions - Mixed	Imp / Int	CRT 1-5	

**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 Play Reception
- CL Class
- CO Course