

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Cardio Tennis - Mixed	Imp / Int	Crt 6&7	
18.00-19.00	Cardio Tennis - Mixed	Int / Adv	Crt 6	
19.00-20.30	Fast Track Tennis - Mixed	Beginner	Crts 6&7	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-11.00	Tennis Coaching & Matchplay - Ladies	Advanced	Crts 6&7	PR

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
18.30-19.15	Racquetball Group Coaching - Mixed	All Ratings	Crts 2&3	PR
19.00-20.00	Tennis Group Coaching - Mixed	Beginner	Crts 8&9	
19.00-20.30	Tennis Coaching & Matchplay - Mixed	Intermediate	Crts 6&7	PR
19.00-21.00	Badminton Club Sessions - Mixed	All Ratings	Crts 1,2,3,4	
19.15-21.15	Squash Club Sessions - Mixed	All Ratings	Crts 1,2&3	
20.00-21.00	Tennis Group Coaching - Mixed	Imp / Int	Crts 8&9	PR

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.00	Tennis Group Coaching - Mixed	Beginner	Crts 8&9	
11.00-12.00	Tennis Group Coaching - Mixed	Intermediate	Crts 6&7	
14.30-16.30	Tennis Coaching & Matchplay - Mixed	Int / Adv	Crts 6&7	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Coaching & Matchplay - Mixed	Intermediate	Crts 7,8&9	PR
11.30-13.00	Fast Track Tennis - Mixed	Beginner	Crts 8&9	
18.30-19.30	Cardio Tennis - Mixed	Int / Adv	Crt 1	
18.30-19.15	Tennis Welcome - Mixed	All Ratings	Crts 6&7	
19.30-22.00	Tennis Club Sessions - Mixed	Imp / Int	Crts 1,2,3,4,5,6	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
19.00-22.00	Tennis Club Sessions - Mixed	Advanced	Crts 1,2,3,4,5,6	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Tennis Drills - Ladies	All Ratings	Crts 2&3	
10.30-12.00	Badminton Group Coaching - Mixed	Beg / Imp	Crts 1,2,3,4	PR
11.30-13.30	Tennis Club Sessions - Mixed	Imp / Int	Crts 6,7&8	
18.00-18.45	Badminton Group Coaching - Mixed	Beg / Imp	Crts 1&2	PR
18.30-19.15	Squash Group Coaching - Mixed	Beginner	Crt 2	PR
18.45-19.30	Badminton Group Coaching - Mixed	Intermediate	Crts 1&2	PR
19.15-20.00	Squash Group Coaching - Mixed	Intermediate	Crt 2	PR
19.30-20.30	Tennis Drills - Mens	All Ratings	Crts 8&9	
20.00-21.30	Tennis Coaching & Matchplay - Mixed	Advanced	Crts 6&7	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 Play Reception
- CL Class
- CO Course