DAVID LLOYD - NARBOROUGH 0116 2727810

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
18:00-19:30	Beginners Coaching Sessions	Beginner	Courts 1 & 2	£
18:30-21:15	Squash Club Sessions - Mixed	All Ratings	All	
19:30-21:00	Tennis Group Coaching - Mixed	Improver	Courts 1 & 2	£
20:00-21:00	Cardio Tennis - Mixed	All Ratings	Courts 4,5,6	£

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00-11:30	Ladies Coaching	All Ratings	Courts 1 & 2	£
13:00-14:00	Racquets Welcome	All Ratings	Courts 1 & 2	
14:00-15:30	Fast Track Tennis - Mixed	Beginner	Court 5	
18:15-19:15	Squash Fast Track	Beginner	Courts 2 & 3	
19:00-21:00	Tennis Club Sessions - Mixed	All Ratings	Courts 1,2 & 3	
19:15-22:00	Squash Coaching & Matchplay - Mixed	All Ratings	Courts 1,2 & 3	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
19:00-20:30	Beginners Coaching	Beginner	Courts 1 & 2	£
19:15-22:00	Squash Coaching & Matchplay - Mixed	All Ratings	Courts 1,2 & 3	
20:30-22:00	Tennis Group Coaching - Mixed	Improver	Courts 1 & 2	£

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00-11:30	Tennis Club Sessions - Mixed	All Ratings	Courts 1,2 & 3	
18:30-20:00	Fast Track Tennis - Mixed	Beginner	Courts 5 & 6	
20:00-21:00	Cardio Tennis - Mixed	All Ratings	Court 5	£
21:00-22:00	Racquets Welcome	All Ratings	Court 5	
!8:30-20:30	Racquetball Club Sessions - Mixed	All Ratings	Courts 1,2,3	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00-11:30	Ladies Coaching	All Ratings	Court 1 & 2	£
19:00-21:00	Tennis Club Sessions - Mixed	All Ratings	Courts 1,2 & 3	£

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
15:00-17:30	Squash Drills - Mixed	All Ratings	Court 1,2 & 3	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11:00-!3:00	Doubles Practice	All Ratings	Courts 5 & 6	£
13:00-15:00	Tennis Club Sessions - Mixed	Beg / Imp	Court 1,2 & 3	

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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