# DAVID LLOYD LEISURE - LEICESTER NARBOROUGH - 0116 272 7810

## ADULT RACQUETS PROGRAMME JULY - AUGUST 2010

### MONDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:30 - 10:30 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 10:30 - 11:30 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 11:30 - 12:30 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 11:30 - 12:30 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 12:30 - 13:30 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 12:30 - 13:30 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 16:00 - 17:00 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 16:00 - 17:00 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 16:00 - 17:00 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 17:00 - 18:00 | Squash Welcome - Mixed | All Levels | Sq Crt 3 | |
| 17:30 - 18:30 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 18:30 - 19:30 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 18:30 - 20:00 | Coaching & Matchplay | Beginner | Ind Crt 2 | |
| 18:30 - 20:00 | Group Coaching | Beginner | Ind Crt 1 | |
| 18:30 - 21:30 | Squash Club Sessions - Mixed | All Levels | Sq Crt 1 | |
| 18:30 - 21:30 | Squash Club Sessions - Mixed | All Levels | Sq Crt 2 | |
| 18:30 - 21:30 | Squash Club Sessions - Mixed | All Levels | Sq Crt 3 | |
| 20:00 - 21:30 | Coaching & Matchplay | Beginner | Ind Crt 1 | |
| 20:00 - 21:30 | Coaching & Matchplay | Intermediate | Ind Crt 2 | |

### TUESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:30 - 10:30 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 10:30 - 11:30 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 11:30 - 12:30 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 12:30 - 13:30 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 13:00 - 14:00 | Fast Track | All Levels | Ind Crt 6 | |
| 13:00 - 14:00 | Tennis Welcome - Mixed | All Levels | Ind Crt 6 | |
| 16:00 - 17:00 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 17:00 - 18:00 | Other Internal Tennis Events and Tournaments | All Levels | Ind Crt 2 | |
| 17:00 - 18:00 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 18:30 - 19:30 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |

### KEY

| | |
|---|---|
| £ | Additional fee for this class |
| * | Adult class coincides with children's activity |
| PP | Pay Pro |
| PR | Pay Reception |
| CL | Class |
| CO | Course |

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## ADULT RACQUETS PROGRAMME JULY - AUGUST 2010

### WEDNESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 16:00 - 17:00 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 16:00 - 17:00 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 16:00 - 17:00 | Private Tennis Session - NR | All Levels | Sq Crt 1 | |
| 17:00 - 18:30 | Coaching & Matchplay | Improver/Intermediate | Sq Crt 1 | |
| 17:00 - 18:30 | Coaching & Matchplay | Improver/Intermediate | Sq Crt 2 | |
| 17:00 - 18:30 | Coaching & Matchplay | Improver/Intermediate | Sq Crt 3 | |
| 18:00 - 19:00 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 18:30 - 19:30 | Private Tennis Session - NR | All Levels | Sq Crt 3 | |
| 18:30 - 20:00 | Coaching & Matchplay | Beginner | Ind Crt 2 | |
| 19:00 - 20:30 | Coaching & Matchplay | Beginner | Ind Crt 1 | |
| 19:00 - 20:30 | Coaching & Matchplay | Beginner | Ind Crt 2 | |
| 19:00 - 20:30 | Coaching & Matchplay | Beginner | Ind Crt 2 | |
| 19:30 - 20:30 | Private Tennis Session - NR | All Levels | Sq Crt 3 | |
| 20:30 - 21:30 | Private Tennis Session - NR | All Levels | Sq Crt 3 | |
| 20:30 - 22:00 | Coaching & Matchplay | Beginner | Ind Crt 1 | |
| 20:30 - 22:00 | Coaching & Matchplay | Improver/Intermediate | Ind Crt 1 | |
| 20:30 - 22:00 | Coaching & Matchplay | Improver/Intermediate | Ind Crt 2 | |

### THURSDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 10:00 - 11:30 | Coaching & Matchplay | Improver/Intermediate | Ind Crt 1 | |
| 10:00 - 11:30 | Coaching & Matchplay | Improver/Intermediate | Ind Crt 2 | |
| 10:00 - 11:30 | Coaching & Matchplay | Improver/Intermediate | Ind Crt 3 | |
| 10:00 - 11:30 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 10:00 - 11:30 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 10:30 - 12:30 | Total Tennis Adult Events (Internal) | All Levels | Bad Crt 2 | |
| 11:00 - 13:00 | Total Tennis Adult Events (Internal) | All Levels | Bad Crt 1 | |
| 11:30 - 12:30 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 11:30 - 12:30 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 12:30 - 13:30 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 14:00 - 15:00 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 16:00 - 18:00 | Matchplay | Intermediate/Advanced | Out Crt 10, 11,12,7,8 & 9 | |
| 17:30 - 19:00 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 17:30 - 19:00 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 17:30 - 19:00 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 17:30 - 19:00 | Private Tennis Session - DC | All Levels | Ind Crt 2 | |
| 18:00 - 20:00 | Squash Matchplay - Mixed | All Levels | Sq Crt 2 | |
| 18:00 - 20:00 | Squash Matchplay - Mixed | All Levels | Sq Crt 3 | |
| 18:30 - 20:00 | Fast Track Tennis - Mixed | All Levels | Ind Crt 5 | |
| 18:30 - 20:00 | Fast Track Tennis - Mixed | All Levels | Ind Crt 6 | |
| 19:00 - 21:00 | Club Sessions - Mixed | All Levels | Ind Crt 1 | |
| 19:00 - 21:00 | Club Sessions - Mixed | All Levels | Ind Crt 2 | |
| 19:00 - 21:00 | Club Sessions - Mixed | All Levels | Ind Crt 3 | |
| 19:15 - 21:15 | Squash Coaching & Matchplay - Mens | All Levels | Sq Crt 3 | |
| 21:00 - 22:00 | Tennis Welcome - Mixed | All Levels | Ind Crt 5 | |

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## ADULT RACQUETS PROGRAMME JULY - AUGUST 2010

### FRIDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:30 - 10:30 | Private Tennis Session - NR | All Levels | Ind Crt 5 | |
| 10:00 - 11:00 | Private Tennis Session - DC | All Levels | Ind Crt 3 | |
| 10:00 - 11:00 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 10:00 - 11:00 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 10:00 - 11:00 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 10:00 - 11:00 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 10:30 - 11:30 | Private Tennis Session - NR | All Levels | Ind Crt 5 | |
| 10:30 - 11:30 | Private Tennis Session - NR | All Levels | Ind Crt 5 | |
| 11:00 - 12:00 | Private Tennis Session - DC | All Levels | Ind Crt 3 | |
| 11:00 - 12:00 | Private Tennis Session - DC | All Levels | Ind Crt 3 | |
| 11:00 - 12:00 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 11:00 - 12:00 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 11:00 - 12:00 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 12:00 - 13:00 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 12:00 - 13:00 | Private Tennis Session - NR | All Levels | Ind Crt 2 | |
| 12:00 - 13:00 | Private Tennis Session - NR | All Levels | Ind Crt 2 | |
| 12:00 - 13:00 | Private Tennis Session - NR | All Levels | Ind Crt 5 | |
| 13:00 - 14:00 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 13:00 - 14:00 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 15:30 - 16:30 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 16:30 - 17:30 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 17:30 - 18:30 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 17:30 - 19:30 | Racquetball Club Sessions - Mixed | All Levels | Sq Crt 1 | |
| 17:30 - 19:30 | Racquetball Club Sessions - Mixed | All Levels | Sq Crt 2 | |
| 17:30 - 19:30 | Racquetball Club Sessions - Mixed | All Levels | Sq Crt 3 | |
| 18:30 - 19:30 | Private Tennis Session - DC | All Levels | Ind Crt 5 | |
| 19:30 - 20:30 | Racquetball Club Sessions - Mixed | All Levels | Sq Crt 1 | |
| 19:30 - 20:30 | Racquetball Club Sessions - Mixed | All Levels | Sq Crt 2 | |
| 19:30 - 20:30 | Racquetball Club Sessions - Mixed | All Levels | Sq Crt 3 | |

### SATURDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 10:30 - 12:30 | Group Coaching | Improver | Sq Crt 1 | |
| 10:30 - 12:30 | Group Coaching | Improver | Sq Crt 2 | |
| 10:30 - 12:30 | Group Coaching | Improver | Sq Crt 3 | |
| 11:00 - 12:00 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 12:00 - 13:00 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 12:00 - 13:00 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 13:00 - 14:00 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 14:00 - 15:00 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 15:00 - 16:00 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |
| 16:00 - 16:30 | Private Tennis Session - DC | All Levels | Ind Crt 1 | |

**KEY**

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## ADULT RACQUETS PROGRAMME JULY - AUGUST 2010

### SUNDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 11:00 - 12:30 | Coaching & Matchplay | Improver/Intermediate | Ind Crt 5 | |
| 11:00 - 12:30 | Coaching & Matchplay | Improver/Intermediate | Ind Crt 6 | |
| 12:00 - 14:00 | Matchplay | Intermediate/Advanced | Out Crt 10, 9 | |
| 13:00 - 15:00 | Club Sessions - Mixed | All Levels | Ind Crt 1 | |
| 13:00 - 15:00 | Club Sessions - Mixed | All Levels | Ind Crt 2 | |
| 13:00 - 15:00 | Club Sessions - Mixed | All Levels | Ind Crt 3 | |
| 19:00 - 21:00 | Club Sessions - Mixed | All Levels | Ind Crt 1 | |

### FIND 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 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.

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