



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
2000-2130	Tennis Coaching & Matchplay - Mixed	Advanced	Court 3 - 4	£

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0900-1030	Tennis Coaching & Matchplay - Mixed	Improver	Court 1-2	£
1030-1200	Tennis Coaching & Matchplay - Mixed	Advanced	Court 1-2	£

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1100	Tennis Coaching & Matchplay - Mixed	Intermediate	Court 1-2	£
1930-2100	Squash Club Sessions - Mixed	All Ratings	Court 1-2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1800-2100	Tennis Club Sessions - Mixed	Beg / Imp	Court 3-4	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0900-1200	Tennis Club Sessions - Mixed	Intermediate	Court 1-4	
1800-1900	Fast Track Tennis - Mixed	Beg / Imp	Court 1-4	£
2100-2230	Badminton Club Sessions - Mixed	All Ratings	Court 4	

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