DAVID LLOYD - KNOWSLEY - 0151 545 4906

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-11.30	Tennis Club Sessions - Men's	Int / Adv	INDOOR 1&2	
19.00-21.00	Tennis Club Sessions - Ladies	Int / Adv	OUTDOOR 1,2,3	
19.00-21.00	Tennis Coaching & Matchplay - Mixed	Advanced	INDOOR 1,2,3	PR
19.00-21.00	Badminton Club Sessions - Mixed	All Ratings	1,2,3,4	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Tennis Club Sessions - Mixed	Beg / Imp	INDOOR 4,5	
19.00-21.00	Tennis Coaching & Matchplay - Mixed	Beg / Imp	INDOOR 1,2	PR
19.00-20.30	Fast Track Tennis - Mixed	Beginner	INDOOR 4,5	
19.00-21.00	Tennis Matchplay - Mens	Int / Adv	OUTDOOR 1,2,3	PR
19.00-21.00	Tennis Club Sessions - Men's	Int / Adv	OUTDOOR 1,2,3	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
18.30-19.30	Racquets Welcome	All Ratings	INDOOR 4,5	
18.30-21.30	Squash Club Sessions - Mixed	All Ratings	1,2	
19.30-21.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	INDOOR 1,2,3	PR

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Coaching & Matchplay - Ladies	Imp / Int	INDOOR 2,3	PR
19.00-20.00	Cardio Tennis - Mixed	All Ratings	INDOOR 1,2	PR
19.00-20.00	Tennis Group Coaching - Mixed	Imp / Int	INDOOR 4,5	PR
19.00-21.00	Badminton Club Sessions - Mixed	All Ratings	1,2,3,4	
19.00-21.00	Tennis Club Sessions - Mixed	Int / Adv	OUTDOOR 1,2,3	

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
DAVIDLLOYD.CO.UK

DAVID LLOYD - KNOWSLEY - 0151 545 4906

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
18.00-20.00	Squash Club Sessions - Mixed	All Ratings	1,2	
20.00-22.00	Tennis Club Sessions - Mixed	All Ratings	INDOOR ALL	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11.00-13.00	Tennis Coaching & Matchplay - Mixed	Int / Adv	INDOOR 1,2,3	PR
14.30-16.00	Fast Track Tennis - Mixed	Beginner	INDOOR 4,5	
16.00-17.00	Racquets Welcome	All Ratings	INDOOR 4,5	
16.00-18.00	Tennis Coaching & Matchplay - Mixed	Beg / Imp	INDOOR 1,2,3	PR

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY

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

LIFE. Be fit for it
DAVIDLLOYD.CO.UK