DAVID LLOYD - SPEKE - 0151 494 4000

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
19.00-20.30	Tennis Group Coaching - Mixed	Int / Adv	Ct 3	PR £
19.00-21.00	Badminton Club Sessions - Mixed	All Ratings	Ct 1-4	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Tennis Coaching & Matchplay - Mixed	All Ratings	Ct 1-2	PR
19.00-21.00	Tennis Club Sessions - Mixed	All Ratings	Ct 1-6	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.30-12.00	Tennis Coaching & Matchplay - Mixed	All Ratings	Ct 3	PR £
20.00-21.30	Tennis Group Coaching - Mixed	Int / Adv	Ct 3	PR £

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
20.00-21.30	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Ct 1	PR £

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

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ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Coaching & Matchplay - Ladies	Imp / Int	Ct 3	PR £
17.30-18.30	Tennis Welcome - Mixed	All Ratings	Ct 6	*
18.30-19.30	Squash Welcome - Mixed	All Ratings	Ct 6	
18.30-20.00	Fast Track Tennis - Mixed	Beginner	Ct 6	
19.00-21.00	Badminton Club Sessions - Mixed	All Ratings	Ct 1-4	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
14.00-15.00	Tennis Welcome - Mixed	All Ratings	Ct 6	
15.00-16.30	Fast Track Tennis - Mixed	Beginner	Ct 6	
16.30-17.30	Tennis Group Coaching - Mixed	Beg / Imp	Ct 6	PR £
17.00-18.00	Cardio Tennis - Mixed	All Ratings	Ct 1	PR £

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11.00-13.00	Tennis Matchplay - Mixed	Advanced	Ct 3	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

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