

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00 - 12.00	Badminton Club Sessions - Mixed	All Ratings	Badminton Hall	
18.40 - 20.00	Squash Welcome - Mixed	All Ratings	Squash Court 1	
19.00 - 20.00	Tennis Group Coaching - Mixed	Improver	Tennis Hall	£/PR
20.00 - 21.00	Tennis Welcome - Mixed	All Ratings	Tennis Hall	
20.00 - 21.30	Tennis Group Coaching - Mixed	Int / Adv	Tennis Hall	£/PR
20.00 - 22.00	Badminton Club Sessions - Mixed	All Ratings	Badminton Hall	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
19.00 - 21.00	Tennis Matchplay - Mixed	Imp / Int	Tennis Hall	£/PP
20.00 - 22.00	Badminton Club Sessions - Mixed	All Ratings	Badminton Hall	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
12.00 - 13.00	Fast Track Tennis - Mixed	Beg / Imp	Tennis Hall	
12.00 - 13.30	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Tennis Hall	£/PP
19.00 - 20.00	Tennis Group Coaching - Mixed	Improver	Tennis Hall	£/PR
19.00 - 20.00	Fast Track Tennis - Mixed	Beg / Imp	Tennis Hall	
20.00 - 22.00	Tennis Club Sessions - Mixed	Imp / Int	Tennis Hall	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11.30 - 13.00	Tennis Coaching & Matchplay - Mixed	All Ratings	Tennis Hall	£/PP

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00 - 11.30	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Tennis Hall	£/PP
19.00 - 20.00	Badminton Welcome - Mixed	All Ratings	Badminton Hall	
19.00 - 20.30	Tennis Coaching & Matchplay - Mixed	Int / Adv	Tennis Hall	£/PP
19.00 - 21.00	Tennis Matchplay - Mixed	Imp / Int	Tennis Hall	£/PP
19.00 - 21.00	Badminton Club Sessions - Mixed	All Ratings	Badminton Hall	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
14.30 - 15.30	Tennis Welcome - Mixed	All Ratings	Tennis Hall	
16.00 - 17.00	Fast Track Tennis - Mixed	Beg / Imp	Tennis Hall	
17.00 - 19.00	Tennis Club Sessions - Mixed	Imp / Int	Tennis Hall	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00 - 12.00	Tennis Club Sessions - Mixed	All Ratings	Tennis Hall	
12.30 - 13.30	Tennis Welcome - Mixed	All Ratings	Tennis Hall	
19.00 - 20.00	Tennis Group Coaching - Mixed	Beginner	Tennis Hall	£/PR
20.00 - 22.00	Tennis Club Sessions - Mixed	Beg / Imp	Tennis Hall	

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