DAVID LLOYD - Cheadle - 0161 491 7400

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1900-2000.	Racquets Welcome	All Ratings	Indoor tennis crt	
1930-2130.	Badminton Club Sessions - Mixed	All Ratings	Badminton crt	PP
2000-2130.	Tennis Coaching & Matchplay - Mixed	Imp / Int	Indoor tennis crt	PR

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1030-1200.	Tennis Coaching & Matchplay - Mixed	Intermediate	Indoor tennis crt	PR
1200-1330.	Fast Track Tennis - Mixed	Beg / Imp	Indoor tennis crt	
1400-1500	Racquets Welcome	All Ratings	Indoor tennis crt	
1830-2000.	Fast Track Tennis - Mixed	Beg / Imp	Indoor tennis crt	
1930-2030.	Tennis Coaching & Matchplay - Mixed	Beginner	Indoor tennis crt	PR
2000-2100.	Badminton Club Sessions - Mixed	All Ratings	Badminton crt	PR
2030-2200.	Tennis Coaching & Matchplay - Mixed	Imp / Int	Indoor tennis crt	PR

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0930-1130.	Tennis Club Sessions - Mixed	Imp / Int	Indoor tennis crt	
1900-2030.	Squash Club Sessions - Mixed	Intermediate	Squash crts	
1930-2130.	Tennis Club Sessions - Mixed	Intermediate	Indoor tennis crt	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1130.	Tennis Coaching & Matchplay - Ladies	Imp / Int	Indoor tennis crt	PP
1900-2000.	Cardio Tennis - Mixed	All Ratings	Indoor tennis crt	PR
2030-2200.	Tennis Coaching & Matchplay - Mixed	Intermediate	Indoor tennis crt	PR

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1100-1200.	Tennis Coaching & Matchplay - Mixed	Beginner	Indoor tennis crt	PR
1930-2130.	Tennis Club Sessions - Mixed	Intermediate	Indoor tennis crt	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1100-1200.	Tennis Coaching & Matchplay - Mixed	Beginner	Indoor tennis crt	PR
1430-1600.	Fast Track Tennis - Mixed	Beg / Imp	Indoor tennis crt	
1700-1800.	Racquets Welcome	All Ratings	Indoor tennis crt	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1500-1600.	Tennis Club Sessions - Mixed	Beginner	Indoor tennis crt	

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 fi nd 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
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