DAVID LLOYD - MILTON KEYNES - 01908 207900

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
12.30-14.30	Tennis Matchplay - Mixed	Intermediate	Court 1	PR
18.00-19.00	Racquets Welcome	All Ratings	Court 7	
19.00-20.00	Tennis Drills - Mixed	Beginner	Court 7	PR
19.00-21.00	Tennis Coaching & Matchplay - Mixed	Intermediate	Court 1	PR
20.00-21.00	Tennis Drills - Mixed	Intermediate	Court 7	PR

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-11.30	Tennis Matchplay - Mixed	Intermediate	Court 1	PR
12.00-13.00	Tennis Drills - Mixed	All Ratings	Court 1	PR
19.00-20.00	Tennis Drills - Mixed	Intermediate	Court 1	PR
20.00-21.00	Tennis Drills - Mixed	Intermediate	Court 1	PR
20.00-21.00	Badminton Group Coaching - Mixed	Beg / Imp	Badminton	PR
20.00-21.30	Fast Track Tennis - Mixed	Beginner	Squash	
21.00-22.00	Badminton Group Coaching - Mixed	Int / Adv	Badminton	PR

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.00-09.00	Tennis Drills - Mixed	Int / Adv	Court 1	PR
09.30-11.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	Court 1	PR
12.30-14.30	Tennis Coaching & Matchplay - Mixed	Advanced	Court 1	PR
18.00-20.00	Squash Club Sessions - Mixed	All Ratings	Squash	
19.00-21.00	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Court 1	PR
20.00-21.00	Badminton Group Coaching - Mixed	Beginner	Badminton	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-11.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	Court 1	PR
10.30-12.00	Fast Track Tennis - Mixed	All Ratings	Court 11	
19.00-20.00	Squash Group Coaching - Mixed	Beginner	Squash	
20.00-22.00	Tennis Coaching & Matchplay - Mixed	Advanced	Court 1	PR
20.00-22.00	Tennis Club Sessions - Mixed	Beginner	Court 11	
20.00-22.00	Badminton Club Sessions - Mixed	All Ratings	Badminton	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.30-12.30	Tennis Coaching & Matchplay - Mixed	Intermediate	Court 1	PR
10.30-12.30	Tennis Club Sessions - Mixed	All Ratings	Court 8	
19.00-20.30	Fast Track Tennis - Mixed	Beginner	Court 11	
19.00-21.00	Tennis Club Sessions - Mixed	All Ratings	Court 1	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
15.00-17.00	Tennis Club Sessions - Mixed	All Ratings	Court 7	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Tennis Matchplay - Mixed	Intermediate	Court 1	PR
14.00-15.00	Racquets Welcome	All Ratings	Court 11	
15.00-16.30	Fast Track Tennis - Mixed	Beginner	Court 11	
17.00-20.00	Tennis Club Sessions - Mixed	All Ratings	Court 1	

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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