



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
12:30 - 13:30	Tennis Matchplay - Mixed	Intermediate	Ind Crt 1, 2 & 3	
13:30 - 14:30	Tennis Matchplay - Mixed	Intermediate	Ind Crt 1, 2 & 3	
18:00 - 18:55	Racquets Welcome	Improver	Ind Crt 7	
19:00 - 20:00	Tennis Coaching & Matchplay - Mixed	Intermediate	Ind Crt 1, 2 & 3	
19:00 - 20:30	Tennis Club Sessions - Mixed	Beginner	Ind Crt 6	
20:00 - 21:00	Tennis Coaching & Matchplay - Mixed	Intermediate	Ind Crt 1, 2 & 3	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Tennis Coaching & Matchplay - Mixed	Improver		
09:30 - 10:30	Tennis Matchplay - Mixed	Intermediate	Ind Crt 1, 2 & 3	
10:30 - 11:30	Tennis Coaching & Matchplay - Mixed	Improver		
10:30 - 11:30	Tennis Matchplay - Mixed	Intermediate	Ind Crt 1, 2 & 3	
19:00 - 20:00	Tennis Drills - Mixed	All Levels	Ind Crt 1	
20:00 - 21:00	Tennis Drills - Mixed	All Levels	Ind Crt 1	
20:00 - 21:30	Fast Track Tennis - Mixed	All Levels	Air Hall Crt 12, 13	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Tennis Coaching & Matchplay - Mixed	Improver		
10:30 - 11:30	Tennis Coaching & Matchplay - Mixed	Improver		
19:00 - 20:00	Tennis Coaching & Matchplay - Mixed	Improver		
19:00 - 21:00	Tennis Coaching & Matchplay - Mixed	All Levels	Ind Crt 1	
20:00 - 21:00	Tennis Coaching & Matchplay - Mixed	Improver		

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Tennis Coaching & Matchplay - Mixed	Improver		
09:30 - 11:30	Coaching & Matchplay	Improver/Intermediate	Ind Crt 1, 2	
10:30 - 11:30	Tennis Coaching & Matchplay - Mixed	Improver		
10:30 - 12:00	Fast Track Tennis - Mixed	Beginner		
11:00 - 12:30	Tennis Club Sessions - Mixed	Improver		
19:00 - 20:00	Tennis Club Sessions - Mixed	Advanced		
20:00 - 21:00	Tennis Club Sessions - Mixed	Advanced		

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:30 - 11:30	Tennis Coaching & Matchplay - Mixed	Intermediate	Ind Crt 1, 2 & 3	
10:30 - 12:30	Tennis Club Sessions - Mixed	All Levels	Ind Crt 10, 8 & 9	
11:30 - 12:30	Tennis Coaching & Matchplay - Mixed	Intermediate	Ind Crt 1, 2 & 3	
19:00 - 20:00	Tennis Club Sessions - Mixed	Intermediate	Ind Crt 1-5	
19:00 - 20:30	Fast Track Tennis - Mixed	All Levels	Air Hall Crt 12, 13	
20:00 - 21:00	Tennis Club Sessions - Mixed	Intermediate	Ind Crt 1-5	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
15:00 - 17:00	Tennis Club Sessions - Mixed	All Levels	Ind Crt 6, 7	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 12:00	Tennis Matchplay - Mixed	All Levels	Ind Crt 1-5	
14:00 - 14:55	Racquets Welcome	Improver	Air Hall Crt 11	
15:00 - 16:30	Fast Track Tennis - Mixed	All Levels	Air Hall Crt 12, 13	
17:00 - 18:30	Tennis Club Sessions - Mixed	All Levels	Ind Crt 1-5	
18:30 - 20:00	Tennis Club Sessions - Mixed	All Levels	Ind Crt 1-5	

FIND 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 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