



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Crt 3	PR
11.30-12.30	Fast Track Tennis - Mixed	Beginner	Crt 3	
18.00-19.00	Tennis Coaching & Matchplay - Mixed	Beginner	Crt 1	CO
19.00-20.30	Fast Track Tennis - Mixed	Beginner	Crt 1	
19.00-20.30	Tennis Club Sessions - Mixed	Improver	Crt 5	PR

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-10.00	Tennis Club Sessions - Ladies	Improver	Crt 3	
10.00-11.30	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Crt 3	PR
13.00-15.00	Tennis Club Sessions - Mixed	Intermediate	Crt 5	
17.00-18.00	Squash Group Coaching - Mixed	Beg / Imp	Crt 1	PR
18.00-20.00	Tennis Coaching & Matchplay - Mens	Advanced	crt 5	PR

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.15-10.45	Tennis Coaching & Matchplay - Mixed	Improver	Crt 5	PR
10.30-11.30	Badminton Club Sessions - Mixed	Beg / Imp	Crt 1	
13.00-15.00	Tennis Club Sessions - Mixed	Intermediate	Crt 5	
18.00-19.00	Cardio Tennis - Mixed	Improver	Crt 6	PR
19.00-20.00	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Crt 5	PR
19.00-21.00	Badminton Club Sessions - Mixed	Beg / Imp	Crt 1	
20.00-21.30	Tennis Group Coaching - Mixed	Imp / Int	Crt 5	PR

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.30-10.00	Fast Track Tennis - Mixed	Beginner	Crt 1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Racquets Welcome	All Ratings	Bubble	
10.00-11.30	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Crt 3	PR
19.00-20.00	Cardio Tennis - Mixed	Improver	Crt 5	PR
19.00-21.00	Badminton Club Sessions - Mixed	Int / Adv	Crt 1	
20.00-22.00	Tennis Club Sessions - Mixed	Int / Adv	Crt 5	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
12.00-13.00	Racquets Welcome	All Ratings	Crt 1	
13.00-14.00	Badminton Group Coaching - Mixed	Beginner	Crt 1	
14.00-16.00	Tennis Club Sessions - Mixed	Beg / Imp	Crt 5	
16.00-17.00	Tennis Club Sessions - Mixed	Beginner	Crt 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
18.00-20.00	Tennis Club Sessions - Ladies	Int / Adv	Crt 1	
19.00-19.40	Racquets Welcome	All Ratings	Crt 1	
19.00-19.40	Squash Coaching & Matchplay - Mixed	Beginner	Crt 1	CO
19.00-20.00	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Crt 5	PR
19.00-20.00	Racquets Welcome	All Ratings	Bubble	
20.00-22.00	Tennis Club Sessions - Mixed	Beg / Imp	Crt 5	

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