DAVID LLOYD LEISURE - NOTTINGHAM - 0115 900 7000

ADULT RACQUETS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 11:30	Coaching & Matchplay	Beginner	Ind Crt 3, 4	
11:30 - 12:30	Fast Track	Beginner	Ind Crt 3	
18:00 - 19:00	Group Coaching	Beginner/Improver		
18:00 - 19:00	Tennis Drills	Beginner/Improver	Ind Crt 2	
19:00 - 20:30	Fast Track	Beginner	Out Crt 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:15 - 10:45	Coaching & Matchplay	Improver/Intermediate	Ind Crt 4, 5	
10:00 - 11:00	Club Sessions - Ladies	All Levels	Bad Crt 2, 3 & 4	
10:30 - 11:30	Club Sessions - Ladies	All Levels	Bad Crt 1	
11:00 - 12:00	Club Sessions - Ladies	All Levels	Bad Crt 2, 3 & 4	
12:00 - 15:00	Club Sessions - Mixed	All Levels	Ind Crt 3, 5	
13:00 - 15:00	Club Sessions - Mixed	All Levels		
18:00 - 19:00	Cardio Tennis - Mixed	All Levels	Ind Crt 6	
19:00 - 20:00	Group Coaching	Beginner/Improver		
19:00 - 20:00	Tennis Drills	Beginner/Improver	Ind Crt 4	
19:00 - 20:00	Tennis Drills	Beginner/Improver	Ind Crt 5	
19:00 - 21:00	Club Sessions - Mixed	All Levels	Bad Crt 1-4	
19:20 - 20:20	Group Coaching	Beginner	Sq Crt 3	
20:00 - 21:30	Club Sessions - Mixed	All Levels	Ind Crt 4	
20:00 - 21:30	Club Sessions - Mixed	All Levels	Ind Crt 5	
20:00 - 21:30	Tennis Club Sessions - Mixed	All Levels		

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 10:30	Racquets Welcome	All Levels	Out Crt 2	
10:00 - 11:30	Coaching & Matchplay	Improver/Intermediate	Ind Crt 3, 4 & 5	
18:30 - 20:30	Tennis Matchplay - Ladies	All Levels	Out Crt 2, 3	
19:00 - 20:00	Cardio Tennis - Mixed	All Levels	Ind Crt 5	
19:00 - 21:00	Club Sessions - Mixed	All Levels	Bad Crt 1-4	
20:00 - 22:00	Club Sessions - Mixed	All Levels	Ind Crt 1-5	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
18:00 - 20:00	Club Sessions - Ladies	All Levels	Ind Crt 3, 6 & 7	
19:00 - 20:00	Racquets Welcome	All Levels	Out Crt 2	
19:00 - 20:00	Racquets Welcome	All Levels	Sq Crt 1	
19:00 - 20:00	Tennis Drills	Beginner/Improver	Ind Crt 4, 5	
20:00 - 22:00	Club Sessions - Mixed	All Levels	Ind Crt 1-5, Out Crts 2 & 3	

KEY

£	Additional fee for this class
*	Adult class coincides with children's activity
PP	Pay Pro
PR	Pay Reception
CL	Class
CO	Course

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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
12:00 - 15:00	Club Sessions - Mixed	All Levels	Ind Crt 3	
17:00 - 18:00	Group Coaching	Beginner/Improver	Sq Crt 1, 2 & 3	
18:00 - 20:00	Club Sessions - Mixed	All Levels	Sq Crt 1, 2 & 3	
18:00 - 20:00	Matchplay - Invitation	Advanced	Ind Crt 5	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 11:00	Fast Track	Beginner	Ind Crt 6	
09:30 - 11:00	Fast Track	Beginner	Ind Crt 7	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
12:00 - 13:00	Racquets Welcome	All Levels	Bad Crt 1	
13:00 - 14:00	Badminton Coaching & Matchplay - Mixed	All Levels	Bad Crt 1	
14:00 - 16:00	Club Sessions - Mixed	All Levels	Ind Crt 3, 4,5,6 & 7	

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.

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