DAVID LLOYD - West Bridgford - 0115 9825555

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Coaching & Matchplay - Mixed	Intermediate	Tennis Ct 1	£ PR
18.00-19.00	Cardio Tennis - Mixed	All Ratings	Tennis Ct 1	£ PR
19.00-21.00	Tennis Club Sessions - Mixed	All Ratings	Tennis Ct 1	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Coaching & Matchplay - Mixed	Int / Adv	Tennis Ct 1	£ PR
19.00-20.00	Tennis Welcome - Mixed	All Ratings	Tennis Ct 7	
19.20 - 20.00	Squash Welcome - Mixed	All Ratings	Squash Crt 1	
19.30 - 20.00	Badminton Welcome - Mixed	All Ratings	Badminton Crt 1	
19.30 - 21.30	Badminton Club Sessions - Mixed	All Ratings	Badminton Crt 1	
20.00 - 21.00	Tennis Group Coaching - Mixed	Beginner	Tennis Crt 6	£ PR
20.00 - 21.30	Fast Track Tennis - Mixed	All Ratings	Tennis Crt 7	CO

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
19.00-20.00	Tennis Group Coaching - Mixed	Imp / Int	Tennis Ct 1	£ PR
20.00-21.00	Tennis Group Coaching - Mixed	Advanced	Tennis Ct 1	£ PR

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Tennis Club Sessions - Mixed	All Ratings	Tennis Ct 1	
19.30-21.30	Badminton Matchplay - Mixed	Intermediate	Badminton Ct 1	£ PP

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11.00-12.00	Tennis Group Coaching - Mixed	Beginner	Tennis Ct 6	£ PR
11.00-12.00	Fast Track Tennis - Mixed	Beg / Imp	Tennis Ct 6	CO

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
14.00-16.00	Tennis Club Sessions - Mixed	All Ratings	Tennis Ct 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
16.00-17.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	Tennis Ct 1	£ PR
16.00-18.00	Squash Club Sessions - Mixed	All Ratings	Squash Ct 1	
17.30-18.30	Tennis Club Sessions - Mixed	All Ratings	Tennis Ct 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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