DAVID LLOYD LEISURE - NOTTINGHAM WEST BRIDGFORD - 0115 982 !

ADULT RACQUETS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 11:30	Tennis Coaching & Matchplay - Mixed	Intermediate	Ind Crt 1, 2 & 3	
18:00 - 19:00	Cardio Tennis - Mixed	All Levels	Ind Crt 1, 2	
19:00 - 21:00	Tennis Club Sessions - Mixed	All Levels	Ind Crt 1-5, 6,7 & 8	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 11:30	Tennis Coaching & Matchplay - Mixed	Intermediate	Ind Crt 1, 2 & 3	
11:00 - 12:30	Badminton Coaching & Matchplay - Ladies	All Levels	Bad Crt 1, 2 & 3	
19:00 - 20:00	Racquets Welcome	All Levels	Ind Crt 7	
19:30 - 21:30	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1-4, 5,6 & 7	
20:00 - 21:00	Tennis Group Coaching - Mixed	Beginner	Ind Crt 5, 6	
20:00 - 21:30	Fast Track Tennis - Mixed	All Levels	Ind Crt 7, 8	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
19:00 - 20:00	Tennis Group Coaching - Mixed	Intermediate	Ind Crt 1	
20:00 - 21:00	Tennis Drills - Mixed	Advanced	Ind Crt 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 12:00	Tennis Club Sessions - Mixed	All Levels	Ind Crt 1	
19:30 - 21:30	Badminton Matchplay - Mixed	All Levels	Bad Crt 1	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 11:00	Fast Track Tennis - Mixed	All Levels	Ind Crt 7	
10:00 - 11:00	Tennis Group Coaching - Mixed	Beginner	Ind Crt 5, 6	
11:00 - 13:00	Tennis Club Sessions - Mixed	All Levels	Ind Crt 1, 2,3 & 4	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 11:00	Racquets Welcome	All Levels	Ind Crt 7	
14:00 - 16:00	Tennis Club Sessions - Mixed	All Levels	Ind Crt 1-5, 6	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
16:00 - 17:30	Tennis Coaching & Matchplay - Mixed	Improver	Ind Crt 1, 2 & 3	
16:00 - 18:00	Squash Club Sessions - Mixed	All Levels		
16:00 - 18:00	Squash Club Sessions - Mixed	All Levels	Sq Crt 1, 2 & 3	
17:30 - 19:30	Tennis Club Sessions - Mixed	All Levels	Ind Crt 1, 2 & 3	

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

LIFE. Be fit for it
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