DAVID LLOYD - RAYNES PARK - 0208 5438020

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-11.00	Tennis Coaching & Matchplay - Mixed	Intermediate	Crt.3,4	pr
11.00-12.30	Tennis Coaching & Matchplay - Mixed	Intermediate	Crt.9,10	pp
11.30-13.30	Tennis Coaching & Matchplay - Mixed	Advanced	Crt.5,6	Inv/pr
12.00-13.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	Crt.1,2	pr
19.30-21.00	Tennis Coaching & Matchplay - Mixed	Imp / Int	Crt.5,6	pr
19.30-21.00	Tennis Coaching & Matchplay - Mixed	Advanced	Crt.9,10,11	pp
20.30-21.30	Tennis Welcome - Mixed	All Ratings	Crt.1	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-11.00	Tennis Coaching & Matchplay - Mixed	Intermediate	Crt.9,10	Inv/pp
10.00-11.30	Tennis Coaching & Matchplay - Mixed	Intermediate	Crt.1,2	pr
11.30-13.00	Tennis Coaching & Matchplay - Mixed	Improver	Crt.1,2	pr
11.30-13.30	Tennis Matchplay - Mixed	Intermediate	Crt.5,6,7,8	Inv/pp
19.30-20.30	Cardio Tennis - Mixed	All Ratings	Crt.C,D	pp
19.30-21.00	Tennis Coaching & Matchplay - Mixed	Intermediate	Crt.5,6,7,8	pr

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-11.30	Tennis Coaching & Matchplay - Mixed	Advanced	Crt.3,4	pp
10.00-11.30	Tennis Coaching & Matchplay - Mixed	Int / Adv	Crt.1,2	Inv/pp
11.30-13.00	Tennis Coaching & Matchplay - Mixed	Intermediate	Crt.1,2	Inv/pr
11.30-13.00	Tennis Coaching & Matchplay - Mixed	Intermediate	Crt.5,6,7	Inv/pp
11.30-13.30	Tennis Matchplay - Mixed	Int / Adv	Crt.9,10,11	Inv/pp
19.30-21.30	Tennis Coaching & Matchplay - Mixed	Advanced	Crt.5,6	pr
19.30-21.30	Tennis Drills - Mens	Advanced	Crt.1,2,3	pp
20.00-21.30	Tennis Coaching & Matchplay - Mixed	Intermediate	Crt.9,10	pp

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-11.30	Tennis Coaching & Matchplay - Mixed	Advanced	Crt.3,4	Inv/pp
10.00-11.30	Tennis Coaching & Matchplay - Mixed	Intermediate	Crt.7,8	Inv/pp
11.30-13.30	Tennis Matchplay - Mixed	Imp / Int	Crt.5,6,7,8	Inv/pp
19.30-21.00	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Crt.3,4	pp
19.30-21.30	Tennis Coaching & Matchplay - Mixed	Advanced	Crt.1,2	pp
20.00-21.30	Fast Track Tennis - Mixed	Beginner	Crt.9,10	pr

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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FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-11.00	Tennis Coaching & Matchplay - Mixed	Int / Adv	Crt.9,10	Inv/pp
09.30-11.00	Tennis Coaching & Matchplay - Mixed	Intermediate	Crt.5,6	pr
09.30-11.30	Tennis Coaching & Matchplay - Mixed	Advanced	Crt.1,2	pp
11.30-13.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	Crt.1,2	Inv/pr
12.00-13.30	Tennis Coaching & Matchplay - Mixed	Beg / Imp	Crt.6,7	pp
19.30-22.30	Tennis Club Sessions - Mixed	All Ratings	Crt.1-8	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.30-12.00	Tennis Coaching & Matchplay - Mixed	Intermediate	Crt.1,2,3	pp
18.30-20.30	Tennis Matchplay - Mixed	Advanced	Crt.9,10,11	Inv
19.30-21.30	Tennis Matchplay - Mixed	Advanced	Crt.5,6,7	Inv

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08.30-10.30	Tennis Coaching & Matchplay - Mixed	Advanced	Crt.1,2	Inv
10.00-11.00	Tennis Welcome - Mixed	All Ratings	Crt.3	
10.30-12.00	Fast Track Tennis - Mixed	Beginner	Crt.2	pr
12.00-13.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	Crt.3,4	pp
19.30-22.30	Tennis Club Sessions - Mixed	All Ratings	Crt.1-6	

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

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