DAVID LLOYD - RINGWOOD - 01425 470 101

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Racquetball Matchplay - Mixed	All Ratings	Squash crt 2&3	*
17.30-21.30	Squash Club Sessions - Mixed	All Ratings	Squash crt 1,2,3	
19.00-21.00	Tennis Coaching & Matchplay - Mixed	Int / Adv	Tennis 10,11,12	
20.00-22.00	Badminton Matchplay - Mixed	All Ratings	Courts 1 & 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Badminton Coaching & Matchplay - Mixed	All Ratings	Courts 1 & 2	*
13.00-14.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	Tennis 10,11,12	£*
18.00-19.00	Cardio Tennis - Mixed	All Ratings	Tennis 10	£
18.00-18.40	Squash Welcome - Mixed	All Ratings	Squash crt 1	
18.00-18.40	Squash Coaching & Matchplay - Mixed	All Ratings	Squash crt 1	£
19.00-20.00	Fast Track Tennis - Mixed	All Ratings	Tennis 1 & 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Tennis Matchplay - Ladies	Imp / Int	Tennis 10,11,12	*
10.00-12.00	Badminton Club Sessions - Ladies	All Ratings	Courts 1 & 2	*pp
10.00-12.00	Racquetball Club Sessions - Mixed	All Ratings	Squash crt 2&3	*
19.00-21.00	Tennis Club Sessions - Mixed	Beg / Imp	Tennis 1,2,3	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
13.00-15.00	Tennis Matchplay - Mixed	Intermediate	Tennis 10,11,12	*£
18.00-19.00	Tennis Group Coaching - Mixed	Beg / Imp	Tennis 10 & 11	£
19.00-21.00	Tennis Club Sessions - Mixed	Int / Adv	Tennis 10,11,12	
20.00-22.00	Badminton Matchplay - Mixed	Advanced	Courts 1 & 2	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-11.20	Racquetball Club Sessions - Mixed	All Ratings	Squash crt 2&3	*
09.30-11.00	Squash Club Sessions - Ladies	All Ratings	Squash crt 1	*
09.40-11.30	Badminton Club Sessions - Ladies	All Ratings	Courts 1 & 2	*pp
11.00-13.00	Badminton Club Sessions - Mixed	All Ratings	Courts 1 & 2	
18.00-20.00	Squash Club Sessions - Mixed	All Ratings	Squash crt 1,2,3	
20.00-21.30	Squash Club Sessions - Mixed	Beg / Imp	Squash crt 1,2,3	
20.00-22.00	Badminton Matchplay - Mixed	Beginner	Courts 1 & 2	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11.20-12.20	Badminton Club Sessions - Mixed	All Ratings	Courts 1 & 2	*
14.00-17.00	Tennis Club Sessions - Mixed	Int / Adv	Tennis 10,11,12	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-10.30	Tennis Coaching & Matchplay - Mixed	Intermediate	Tennis 10,11,12	*£
10.30-12.00	Fast Track Tennis - Mixed	Beginner	Tennis 10,11,12	*£
14.00-15.00	Tennis Welcome - Mixed	All Ratings	Tennis crt 10	
18.00-19.00	Racquetball Club Sessions - Mixed	All Ratings	Squash crt 2&3	

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
DAVIDLLOYD.CO.UK