

DAVID LLOYD LEISURE - RINGWOOD - 01425 470101

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2012



MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11:30 - 13:30	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1, 2	
17:30 - 19:30	Squash Matchplay - Mixed	All Levels	Sq Crt 1, 2 & 3	
19:00 - 21:00	Tennis Matchplay - Mixed	All Levels	Ind Crt 10, 11 & 12, Out Crts 1,2 & 3	
19:30 - 21:30	Squash Matchplay - Mixed	All Levels	Sq Crt 1, 2 & 3	
20:00 - 22:00	Badminton Matchplay - Mixed	All Levels	Bad Crt 1, 2	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Mens Matches	All Levels	Sq Crt 1	
10:00 - 12:00	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1, 2	
10:00 - 14:00	Ladies Matches	All Levels	Out Crt 1, 2	
13:00 - 14:30	Tennis Drills	Intermediate	Ind Crt 10, 11	£
18:00 - 19:00	Cardio Tennis - Mixed	All Levels	Ind Crt 10	
19:20 - 22:00	Mens Matches	All Levels	Sq Crt 1, 2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 12:00	Badminton Club Sessions - Ladies	All Levels	Bad Crt 1, 2	
10:00 - 12:00	Racquetball Club Sessions - Mixed	All Levels	Sq Crt 2, 3	
10:00 - 12:00	Tennis Matchplay - Ladies	All Levels	Ind Crt 10, 11 & 12	£
12:00 - 14:00	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1, 2	
17:00 - 19:00	Racquetball Matchplay - Mixed	All Levels	Sq Crt 1, 2 & 3	
18:00 - 19:30	Fast Track	Beginner	Out Crt 1, 2	
19:00 - 22:00	Mixed Matches	All Levels	Bad Crt 1, 2	
19:20 - 22:00	Mens Matches	All Levels	Sq Crt 1, 2	
19:30 - 21:30	Tennis Matchplay - Mixed	All Levels		
20:00 - 21:00	Tennis Matchplay - Mixed	All Levels	Ind Crt 11	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
13:00 - 15:00	Tennis Drills	Improver/Intermediate	Ind Crt 10, 11	£
18:00 - 19:00	Tennis Drills	Beginner/Improver	Ind Crt 10	£
19:00 - 22:00	Matchplay	Intermediate/Advanced	Ind Crt 10, 11 & 12, Out Crts 1,2 & 3	
20:00 - 22:00	Badminton Matchplay - Mixed	All Levels	Bad Crt 1, 2	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:20 - 10:50	Squash Club Sessions - Ladies	All Levels	Sq Crt 1, 2	
09:20 - 11:20	Racquetball Club Sessions - Mixed	All Levels	Sq Crt 3	
09:40 - 11:40	Badminton Club Sessions - Ladies	All Levels	Bad Crt 1, 2	
11:40 - 13:40	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1, 2	
18:00 - 20:00	Squash Club Sessions - Mixed	All Levels	Sq Crt 1, 2 & 3	
20:00 - 22:00	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1, 2	
20:00 - 22:00	Squash Club Sessions - Mixed	All Levels	Sq Crts 1,2 & 3, Sq Crt 1 - Part A	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
14:00 - 17:00	Matchplay	Intermediate/Advanced	Ind Crt 10, 11 & 12, Out Crts 1,2 & 3	
16:30 - 18:30	Racquetball Club Sessions - Mixed	All Levels	Sq Crt 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:30	Tennis Drills	Intermediate	Ind Crt 10, 11 & 12	£
10:00 - 12:00	Racquetball Club Sessions - Mixed	All Levels	Sq Crt 1, 2 & 3	
10:00 - 14:00	Mens Matches	All Levels	Out Crt 1, 2	
10:30 - 12:00	Tennis Drills	Improver/Intermediate	Ind Crt 10, 11	£
14:00 - 15:00	Tennis Welcome - Mixed	All Levels	Ind Crt 10	
18:00 - 20:00	Racquetball Club Sessions - Mixed	All Levels	Sq Crt 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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