DAVID LLOYD - SOLIHULL CRANMORE - 0121 733 5300

ADULT RACQUETS PROGRAMME JULY - AUGUST 2009

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Coaching & Matchplay - Mixed	Int / Adv	5 & 6	PP
10.00-12.00	Badminton Club Sessions - Mixed	All Ratings	1 & 2	
19.00-21.00	Badminton Club Sessions - Mixed	All Ratings	1 to 6	PR
19.00-20.00	Tennis Group Coaching - Mixed	Int / Adv	4	PP
19.00-20.00	Tennis Group Coaching - Mixed	Beg / Imp	5 & 6	PR
21.00-22.00	Tennis Group Coaching - Mixed	Imp / Int	5 & 6	PR

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.20	Racketball Club Session	All Ratings	1 & 2	
19.00-20.00	Badminton Welcome - Mixed	All Ratings	1 & 2	
19.00-21.00	Badminton Club Sessions - Mixed	All Ratings	1 to 6	PR
20.00-22.00	Tennis Matchplay - Mixed	Imp / Int	1 to 5	PR

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Tennis Matchplay - Mixed	Imp / Int	1 to 5	PR
13.00-14.00	Cardio Tennis - Mixed	All Ratings	5 & 6	PR
18.00-19.00	Tennis Group Coaching - Mixed	Beg / Imp	3 & 4	PR
18.00-19.30	Fast Track Tennis - Mixed	Beginner	5 & 6	
19.20-20.00	Squash Group Coaching - Mixed	All Ratings	5 & 6	
19.30-20.00	Tennis Welcome - Mixed	All Ratings	1 & 2	PR

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Tennis Club Session	All Ratings	1 to 5	
13.00-14.00	Tennis Group Coaching - Mixed	Beg / Imp	5 & 6	PR
19.00-20.00	Tennis Matchplay - Mixed	Int / Adv	5 & 6	PP
19.20-20.40	Squash Club Sessions - Mixed	All Ratings	1 to 3	

KEY

£ Additional fee for this class
* Adult class coincides with children's activity
PP Pay Pro
PR Pay Reception

LIFE. Be fit for it
DAVIDLLOYD.CO.UK

DAVID LLOYD - SOLIHULL CRANMORE - 0121 733 5300

ADULT RACQUETS PROGRAMME JULY - AUGUST 2009

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.00	Tennis Group Coaching - Mixed	Imp / Int	5 & 6	PP
19.00-21.00	Tennis Club Sessions - Mixed	All Ratings	1 to 5	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
12.00-13.00	Cardio Tennis - Mixed	All Ratings	5 & 6	PR
16.00-17.00	Tennis Welcome - Mixed	All Ratings	5 & 6	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY

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

£ Additional fee for this class
* Adult class coincides with children's activity
PP Pay Pro
PR Pay Reception