DAVID LLOYD LEISURE - SOLIHULL CRANMORE - 0121 733 5300

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 12:00	Tennis Drills - Ladies	All Levels	Ind Crt 3, 4	
13:00 - 14:00	Tennis Group Coaching - Mixed	Intermediate	Ind Crt 3, 4	
19:00 - 20:00	Group Coaching	Improver	Ind Crt 3	
19:00 - 20:00	Group Coaching	Improver	Ind Crt 3	
19:00 - 20:00	Tennis Group Coaching - Mixed	Intermediate	Ind Crt 5, 6	
19:00 - 21:00	Badminton Club Sessions - Mixed	All Levels	Ind Crt 7	
19:00 - 21:00	Club Sessions	All Levels	Bad Crt 1, 2	
19:20 - 21:20	Squash Matchplay - Mens	All Levels	Sq Crt 1	
19:20 - 21:20	Squash Matchplay - Mens	All Levels	Sq Crt 1	
19:20 - 21:20	Squash Matchplay - Mens	All Levels	Sq Crt 1	
19:20 - 21:20	Squash Matchplay - Mens	All Levels	Sq Crt 1	
20:00 - 21:00	Tennis Group Coaching - Mixed	Intermediate	Ind Crt 5, 6	
20:00 - 21:30	Tennis Drills	Improver/Intermediate	Ind Crt 3, 4	
21:00 - 22:00	Tennis Group Coaching - Mixed	Intermediate	Ind Crt 5, 6	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 12:00	Club Sessions	All Levels	Ind Crt 1-5	
10:00 - 12:00	Matchplay - Invitation	Advanced	Out Crt 8	
10:00 - 12:00	Matchplay - Invitation	Advanced	Out Crt 8	
18:00 - 19:30	Fast Track Tennis - Mixed	All Levels	Ind Crt 6	
18:00 - 19:30	Fast Track Tennis - Mixed	All Levels	Ind Crt 6	
18:00 - 19:30	Fast Track Tennis - Mixed	All Levels	Ind Crt 6	
18:00 - 19:30	Fast Track Tennis - Mixed	Improver	Ind Crt 5	
18:00 - 20:00	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1, 2	
18:00 - 20:00	Badminton Matchplay - Mixed	All Levels	Bad Crt 1	
18:00 - 20:00	Badminton Matchplay - Mixed	All Levels	Bad Crt 1	
18:00 - 20:00	Badminton Matchplay - Mixed	All Levels	Bad Crt 1	
19:20 - 21:20	Squash Matchplay - Mens	All Levels	Sq Crt 1, 2	
21:00 - 22:00	Group Coaching	Improver	Ind Crt 3	
21:00 - 22:00	Tennis Group Coaching - Mixed	Intermediate	Ind Crt 5, 6	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Cardio Tennis - Mixed	All Levels	Ind Crt 2	
10:00 - 11:00	Tennis Drills	Improver/Intermediate	Ind Crt 4	
11:00 - 12:00	Tennis Drills	Advanced	Ind Crt 1	
19:00 - 20:00	Tennis Drills	Advanced	Ind Crt 3, 4	
19:00 - 21:00	Badminton Matchplay - Mixed	All Levels	Bad Crt 1 - Parts A & Bad Crt 2 - Part A	
20:00 - 22:00	Club Sessions	All Levels	Ind Crt 1-5	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 12:00	Matchplay	Beginner	Ind Crt 1	
12:00 - 15:00	Matchplay	Intermediate	Ind Crt 6, 7	
18:00 - 19:30	Fast Track Tennis - Mixed	Improver	Ind Crt 3, 4	
19:00 - 21:00	Matchplay	Intermediate/Advanced	Ind Crt 1	
19:00 - 21:00	Matchplay - Invitation	Advanced	Out Crt 8	
19:20 - 20:20	Squash Club Sessions - Men's	All Levels	Sq Crt 1, 2 & 3	
20:00 - 21:00	Tennis Group Coaching - Mixed	Intermediate	Ind Crt 3, 4	
20:40 - 21:20	Squash Welcome	All Levels	Sq Crt 1, 2 & 3	

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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ADULT RACQUETS PROGRAMME JANUARY - MARCH 2012

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 12:00	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1, 2	
19:00 - 21:00	Club Sessions	All Levels	Ind Crt 1-5	
19:20 - 20:20	Squash Matchplay - Mens	All Levels	Sq Crt 1, 2 & 3	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 12:00	Badminton Group Coaching - Mixed	All Levels	Bad Crt 1, 2	
12:00 - 14:00	Badminton Group Coaching - Mixed	All Levels	Bad Crt 1, 2	
14:00 - 15:00	Badminton Coaching & Matchplay - Mixed	All Levels	Bad Crt 1, 2	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Cardio Tennis - Mixed	All Levels	Ind Crt 2	
16:00 - 17:00	Tennis Welcome - Mixed	All Levels	Ind Crt 5, 6	

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

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CL	Class
CO	Course

LIFE. Be fit for it
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