David Lloyd - Southampton - 02380 747160

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Coaching & Matchplay - Ladies	Intermediate	Crts 6,7 & 8	£PR
11.00-12.00	Tennis Group Coaching - Mixed	Beginner	Crt 9	£PP
19.00-20.20	Squash Club Sessions - Mixed	All Ratings	Crts 1 & 2	
19.00-20.00	Cardio Tennis - Mixed	All Ratings	Crt 5	£PR
19.30-21.00	Tennis Coaching & Matchplay - Mixed	Int / Adv	Crts 9 & 10	£PP
20.30-21.30	Tennis Group Coaching - Mixed	Improver	Crts 6 & 7	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Coaching & Matchplay - Ladies	Beginner	Crts 9 & 10	£PP
10.00-12.00	Tennis Coaching & Matchplay - Ladies	Intermediate	Crt 6, 7 & 8	£PP
10.30-12.00	Badminton Club Sessions - Mixed	All Ratings	Crts 1,2,3 & 4	
18.00-19.00	Fast Track Tennis - Mixed	Beginner	Crts 1 & 2	
19.00-21.00	Tennis Club Sessions - Mixed	Beg / Imp	Crts 1 & 2	
19.00-21.00	Badminton Club Sessions - Mixed	All Ratings	Crts 1,2,3, & 4	
19.30-20.30	Tennis Group Coaching - Mixed	Beginner	Crts 6 & 7	£PP
19.30-20.30	Tennis Group Coaching - Mixed	Improver	Crts 9 & 10	£PP
20.30-22.30	Tennis Club Sessions - Mixed	Int / Adv	Crts 9,10 & 11	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.30-10.30	Tennis Coaching & Matchplay - Mixed	Improver	Crts 9 & 10	£PR
10.00-12.00	Badminton Club Sessions - Mixed	All Ratings	Crts 1,2,3 & 4	
10.30-12.00	Tennis Group Coaching - Mixed	Intermediate	Crts 9 & 10	£PP
11.00-12.00	Fast Track Tennis - Mixed	Beg / Imp	Crts 6 & 7	
13.00-14.00	Cardio Tennis - Mixed	All Ratings	Crt 5	£PP
19.30-20.30	Cardio Tennis - Mixed	All Ratings	Crt 11	£PR
19.30-20.30	Tennis Group Coaching - Mixed	Intermediate	Crts 6 & 7	£PP

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Coaching & Matchplay - Ladies	Imp / Int	Crts 6 & 7	£PP
10.00-11.00	Cardio Tennis - Mixed	All Ratings	Crt 11	£PP
11.00-12.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	Crt 8	£PP
19.00-21.00	Racquetball Club Sessions - Mixed	All Ratings	Crts 1 & 2	
20.00-22.00	Tennis Coaching & Matchplay - Mens	Advanced	Crts 9 & 10	£PP

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-11.00	Tennis Coaching & Matchplay - Mixed	Advanced	Crts 6,7 & 8	£PP
10.00-11.30	Tennis Coaching & Matchplay - Mens	Beg / Imp	Crts 9 & 10	£PP
19.00-22.00	Tennis Club Sessions - Mixed	Int / Adv	Crts 6, 7 & 8	
19.00-22.00	Badminton Club Sessions - Mixed	All Ratings	Crts 1,2,3 & 4	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
11.00-12.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	Crts 1 & 2	£PP

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
12.00-13.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	Crts 9 & 10	£PP

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

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