# DAVID LLOYD LEISURE - SOUTHAMPTON - 02380 747160

## ADULT RACQUETS PROGRAMME JULY - AUGUST 2010

### MONDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 10:00 - 11:30 | Tennis Coaching & Matchplay - Ladies | All Levels | | £ |
| 19:00 - 20:30 | Squash Club Sessions - Mixed | All Levels | Sq Crt 1 | |
| 19:30 - 20:30 | Cardio Tennis - Mixed | All Levels | Ind Crt 5 | £ |

### TUESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 10:30 - 12:00 | Badminton Club Sessions - Mixed | All Levels | Bad Crt 1 | |
| 18:00 - 19:00 | Fast Track | Beginner | Ind Crt 1, 2 | |
| 19:00 - 21:00 | Badminton Club Sessions - Mixed | All Levels | Bad Crt 1 | |
| 19:00 - 21:00 | Tennis Club Sessions - Mixed | All Levels | Ind Crt 1, 2 | |
| 20:30 - 22:30 | Tennis Club Sessions - Mixed | All Levels | | |

### WEDNESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 10:00 - 11:30 | Badminton Club Sessions - Mixed | All Levels | Bad Crt 1 | |
| 12:00 - 13:00 | Fast Track | Beginner | Ind Crt 1 | |
| 13:00 - 14:00 | Cardio Tennis - Mixed | All Levels | Ind Crt 5 | £ |

### THURSDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 18:00 - 19:00 | Racquets Welcome | All Levels | Ind Crt 1, 2 | |
| 19:00 - 21:00 | Racquetball Club Sessions - Mixed | All Levels | Sq Crt 1 | |

### FRIDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 19:00 - 21:00 | Badminton Club Sessions - Mixed | All Levels | Bad Crt 1 | |
| 19:00 - 21:00 | Tennis Club Sessions - Mixed | All Levels | | |

### SATURDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|

### SUNDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|

### 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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|---|---|
| £ | 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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