DAVID LLOYD - SUDBURY HILL - 0208 422 7777

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1100	Tennis Group Coaching - Ladies	All Ratings	Crts 3,4	
1900-2000	Fast Track Tennis - Mixed	Beginner	Crts 5,6	
2000-2100	Tennis Welcome - Mixed	Beginner	Crts 5,6	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1520-1600	Squash Welcome - Mixed	All Ratings	Crt 2	
1920-2000	Squash Fast Track	All Ratings	Crts 1,2	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1900-2030	Tennis Group Coaching - Mens	All Ratings	Crts 5,6	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0900-1000	Tennis Group Coaching - Ladies	All Ratings	Crts 3,4	
1000-1100	Fast Track Tennis - Mixed	Beginner	Crts 5,6	
1100-1200	Tennis Welcome - Mixed	Beginner	Crts 5,6	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1130	Tennis Club Sessions - Mixed	All Ratings	Crts 5,6	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1100	Tennis Coaching & Matchplay - Mixed	Imp / Int	Crts 5,6	£ PP
1100-1230	Tennis Group Coaching - Mixed	All Ratings	Crts 5,6	£ PP
1220-1300	Squash Welcome - Mixed	All Ratings	Crt 1	
1300-1340	Squash Group Coaching - Mixed	Beginner	Crt 1	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1530-1730	Tennis Club Sessions - Mixed	All Ratings	Crts 3,4	

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

LIFE. Be fit for it
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