DAVID LLOYD LEISURE - SUDBURY HILL - 0208 422 7777

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2012

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 12:00	Tennis Group Coaching - Ladies	All Levels	Out Crt 5, 6	
12:30 - 13:30	Group Coaching	Beginner/Improver	Out Crt 3, 4	£
18:30 - 19:30	Tennis Welcome - Mixed	All Levels	Out Crt 3, 4	
19:30 - 21:00	Fast Track Tennis - Mixed	All Levels	Out Crt 3, 4	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 12:00	Coaching & Matchplay	Beginner	Out Crt 3, 4	£
18:00 - 18:40	Squash Welcome	All Levels	Sq Crt 1	
19:00 - 20:30	On Track	All Levels	Out Crt 3, 4	£

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
12:30 - 13:30	Tennis Drills - Mixed	All Levels	Out Crt 3, 4	£
18:00 - 19:00	Fast Track Tennis	All Levels	Out Crt 5, 6	
19:00 - 22:00	Club Sessions	All Levels	Out Crt 1, 3 & 4	
19:20 - 20:50	Squash Club Sessions - Mixed	All Levels	Sq Crt 1	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Club Sessions - Ladies	All Levels	Out Crt 3, 4	
10:00 - 11:00	Tennis Welcome - Mixed	All Levels	Out Crt 5	
10:00 - 12:00	Coaching & Matchplay	Intermediate	Out Crt 3, 4	
11:00 - 12:30	Fast Track Tennis - Mixed	All Levels	Out Crt 5, 6	
12:30 - 13:30	Tennis Drills - Mixed	All Levels	Out Crt 3, 4	£

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 11:30	On Track	All Levels	Out Crt 5	£
10:00 - 12:00	Club Sessions	All Levels	Out Crt 3, 4	
12:30 - 13:30	Cardio Tennis - Mixed	All Levels	Out Crt 3, 4	£
19:00 - 21:00	Club Sessions - Mixed	All Levels	Out Crt 3, 4	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:00 - 10:00	Club Sessions	All Levels	Out Crt 3, 4	
12:20 - 13:00	Squash Welcome	All Levels	Sq Crt 1	
15:00 - 17:00	Tennis Coaching & Matchplay - Mixed	All Levels	Out Crt 3, 4	£

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 12:00	Club Sessions	All Levels	Out Crt 3, 4	

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

£	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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