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ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1300 - 1500	Tennis Coaching & Matchplay - Mixed	Imp / Int	Courts 1,2,3	£pp
1800 - 1900	Tennis Welcome - Mixed	All Ratings	Court 4	
1900 - 2030	Fast Track Tennis - Mixed	All Ratings	Courts 5 & 6	
1900 - 2100	Tennis Coaching & Matchplay - Mixed	Int / Adv	Courts 1,2,3	£pr
1900 - 2100	Badminton Club Sessions - Mixed	All Ratings	Courts 1,2,3	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000 - 1130	Tennis Group Coaching - Mixed	Imp / Int	Courts 1, 2	£pp
1900 - 2000	Cardio Tennis - Mixed	All Ratings	Court 1	£pr
1900 - 2100	Tennis Group Coaching - Mixed	Beg / Imp	Court 2	£pp
2000 - 2200	Tennis Matchplay - Mens	Advanced	Courts 5, 6	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000 - 1200	Tennis Coaching & Matchplay - Mixed	Imp / Int	Courts 1, 2	£pp
1900 - 2100	Tennis Coaching & Matchplay - Mixed	Imp / Int	Courts 1,2,3,4	£pr

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000 - 1200	Tennis Coaching & Matchplay - Mixed	Imp / Int	Courts 1,2	£pp
1900 - 2100	Tennis Club Sessions - Mixed	All Ratings	Courts 1,2,3,4	
1900 - 2100	Squash Club Sessions - Mixed	All Ratings	Courts 1,2,3	
1900 - 2100	Tennis Matchplay - Ladies	Advanced	Court 5	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000 - 1200	Mixed Coaching & Matchplay	Imp / Int	Court 1,2	£pp
1900 - 2030	Tennis Coaching & Matchplay - Mixed	Imp / Int	courts 1,2	£pr

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1400 - 1530	Mixed Coaching & Matchplay	Imp / Int	Courts 1,2	£pr
1530 - 1700	Fast Track Tennis - Mixed	Beg / Imp	Courts 1,2	£pr

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000 - 1100	Tennis Welcome - Mixed	All Ratings	Court 4	
1100 - 1230	Fast Track Tennis - Mixed	All Ratings	Courts 5.6	
1100 - 1300	Tennis Group Coaching - Mixed	Imp / Int	Courts 1,2	£pr
1500 - 1600	Cardio Tennis - Mixed	All Ratings	Court 1	£pr
1600 - 1800	Tennis club sessions - Mixed	Beginner	Courts 1,2,3,4	
1800 - 2000	Tennis matchplay - Mens	All Ratings	Court 1	

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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