DAVID LLOYD - WARRINGTON - 01925 258300

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
19.00-20.00	Cardio Tennis - Mixed	All Ratings	court 1	£
20.00-21.30	Tennis Coaching & Matchplay - Mixed	Imp / Int	courts 4/5/6	£

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Group Coaching - Mixed	Beg / Imp	court 1/2	£
17.30-18.15	Squash Group Coaching - Mixed	Beginner	squash courts	£
18.00-19.00	Tennis Welcome - Mixed	All Ratings	court 1	
18.15-19.00	Squash Group Coaching - Mixed	Imp / Int	squash courts	£
20.00-21.30	Badminton Club Sessions - Mixed	All Ratings	badminton courts	
20.00-21.30	Tennis Matchplay - Mixed	Int / Adv	courts 1/2/3	£

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
19.00-21.00	Tennis Group Coaching - Mixed	Beg / Imp	courts 4/5/6	£
19.30-21.00	Badminton Club Sessions - Mixed	Int / Adv	badminton courts	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Tennis Group Coaching - Mixed	Beg / Imp	courts 1/2/3	£

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.30-12.30	Tennis Club Sessions - Mixed	Beg / Imp	courts 1/2/3	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-12.00	Badminton Club Sessions - Mixed	All Ratings	badminton courts	
15.30-17.00	Fast Track Tennis - Mixed	Beginner	courts 4/5	
17.30-19.00	Squash Group Coaching - Mixed	All Ratings	squash courts	
18.00-20.00	Tennis Club Sessions - Mixed	All Ratings	indoor courts	

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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