DAVID LLOYD - WORTHING - 01903 276700

ADULT RACQUETS PROGRAMME JULY - AUGUST 2009

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11..30	Tennis Group Coaching - Mixed	Beg / Imp	Crt 1	£ PP
11.30-13.00	Tennis Club Sessions - Mixed	Imp / Int	Crts 1,2,3	
19.30-20.30	Tennis Drills - Mens	Advanced	Crts 4,5	£ PP
20.30-22.00	Tennis Club Sessions - Men's	Advanced	Crts 4,5	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Group Coaching - Mixed	Imp / Int	Crt 1	£ PP
19.00-21.00	Tennis Drills - Ladies	Advanced	Crts 1,2	£ PP
19.30-22.00	Badminton Matchplay - Mixed	Advanced	MPH	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Group Coaching - Mixed	Intermediate	Crts 4,5	£ PP
11.30-12.30	Cardio Tennis - Mixed	All Ratings	Crt 4	£ PR
18.30-20.00	Fast Track Tennis - Mixed	Beginner	Crt 3	
20.00-22.00	Tennis Club Sessions - Mixed	Int / Adv	Crts 1,2,3,4,5	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.00-11.30	Tennis Group Coaching - Mixed	Int / Adv	Crt 3	£ PP
11.30-13.00	Tennis Group Coaching - Ladies	Imp / Int	Crts 2,3	£ PP
13.00-15.00	Tennis Club Sessions - Mixed	Imp / Int	Crts 1,2,3	
19.00-20.00	Cardio Tennis - Mixed	All Ratings	Crts 4,5	£ PR
20.00-22.00	Tennis Club Sessions - Mixed	Imp / Int	Crts 1,2,3,4,5	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10.30-11.30	Tennis Drills - Mixed	Int / Adv	Crt 5	£ PP
19.30-21.30	Badminton Club Sessions - Mixed	All Ratings	MPH	
20.00-22.00	Tennis Club Sessions - Ladies	Int / Adv	Crts 4,5	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09.00-10.30	Fast Track Tennis - Mixed	Beginner	Crts 1,2	
11.00-12.00	Racquets Welcome	Beginner	Crt 1	
14.00-15.30	Tennis Group Coaching - Mixed	Imp / Int	Crts 1,2	£ PP
15.30-17.30	Tennis Club Sessions - Mixed	Imp / Int	Crts 1,2,3,4,5	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY

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

LIFE. Be fit for it
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