DAVID LLOYD - WORTHING - 01903 276700

ADULT RACQUETS PROGRAMME JANUARY - MARCH 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1130	Tennis Group Coaching - Mixed	Beg / Imp	Courts 1,2	£ PP
1000-1300	Badminton Club Sessions - Mixed	All Ratings	MPH	£ PP
1130-1300	Tennis Club Sessions - Mixed	Imp / Int	Courts 1,2,3	
1900-2030	Tennis Group Coaching - Mixed	Beg / Imp	Courts 4,5	£ PP
2030-2200	Tennis Club Sessions - Men's	Advanced	Courts 4,5	
2030-2200	Tennis Group Coaching - Mixed	Int / Adv	Courts 2,3	£ PP

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1130	Tennis Group Coaching - Mixed	Imp / Int	Courts 1,2	£ PP
1130-1300	Tennis Group Coaching - Mens	Imp / Int	Courts 4,5	£ PP
1930-2030	Tennis Drills - Ladies	Int / Adv	Courts 4,5	£ PP
1930-2130	Badminton Matchplay - Mixed	Advanced	MPH	£ PP
2030-2130	Tennis Club Sessions - Ladies	Int / Adv	Courts 4,5	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1130	Tennis Group Coaching - Mixed	Intermediate	Courts 4,5	£ PP
1000-1300	Badminton Club Sessions - Mixed	All Ratings	MPH	£ PP
1230-1330	Cardio Tennis - Mixed	All Ratings	Court 5	£ PR
1900-2000	Tennis Drills - Mixed	Int / Adv	Court 5	£ PP
2000-2200	Tennis Club Sessions - Mixed	Advanced	All Courts	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1000-1100	Tennis Group Coaching - Mixed	Int / Adv	Courts 2,3	£ PP
1130-1300	Tennis Group Coaching - Ladies	Imp / Int	Courts 2,3	£ PP
1300-1500	Tennis Club Sessions - Mixed	Imp / Int	Courts 1,2,3	
1900-2000	Cardio Tennis - Mixed	All Ratings	Court 5	£ PR
1900-2000	Tennis Group Coaching - Mixed	Imp / Int	Court 4	£ PP
2000-2200	Tennis Club Sessions - Mixed	Intermediate	All Courts	

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
1030-1130	Tennis Group Coaching - Mixed	Int / Adv	Courts 4,5	£ PP
1200-1330	Tennis Group Coaching - Mixed	Beginner	Courts 4,5	£ PP
1930-2130	Badminton Club Sessions - Mixed	Int / Adv	MPH	£ PP
2000-2200	Tennis Club Sessions - Ladies	Int / Adv	Courts 4,5	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
0900-1030	Fast Track Tennis - Mixed	Beginner	Courts 1,2	
1100-1200	Tennis Welcome - Mixed	All Ratings	Court 1	
1400-1530	Tennis Group Coaching - Mixed	Imp / Int	Courts 1,2	£PP
1530-1730	Tennis Club Sessions - Mixed	All Ratings	All courts	

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
CL Class
CO Course

LIFE. Be fit for it
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