DAVID LLOYD LEISURE - WORTHING - 01903 276700

ADULT RACQUETS PROGRAMME JULY - AUGUST 2010

MONDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 11:00	Other Events	All Levels	Ind Crt 3	
11:30 - 13:00	Club Sessions - Mixed	All Levels	Ind Crt 1, 2 & 3	
12:00 - 15:00	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1-4	
15:30 - 17:00	Other Events	All Levels	Ind Crt 4	
16:00 - 17:00	Other Events	All Levels	Ind Crt 3	
17:00 - 18:30	Tennis Event		Ind Crt 2	
18:00 - 19:00	Other Events	All Levels	Ind Crt 5	
19:00 - 20:30	Group Coaching	Beginner/Improver	Ind Crt 4, 5	
20:30 - 21:30	Other Events	All Levels	Ind Crt 3	
20:30 - 22:00	Tennis Club Sessions - Men's	Advanced	Ind Crt 4, 5	

TUESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:30 - 12:00	Tennis Event		Ind Crt 3	
10:00 - 11:00	Tennis Event		Ind Crt 5	
10:00 - 11:30	Group Coaching	Improver/Intermediate	Ind Crt 1, 2	
11:30 - 12:30	Other Events	All Levels	Ind Crt 1	
11:30 - 13:00	Tennis Group Coaching - Mens	All Levels	Ind Crt 4, 5	
15:30 - 17:00	Other Events	All Levels	Ind Crt 1	
16:00 - 18:00	Tennis Event		Ind Crt 4	
17:00 - 18:00	Other Events	All Levels	Ind Crt 3	
19:30 - 20:30	Other Events	All Levels	Ind Crt 1	
19:30 - 20:30	Tennis Drills - Mixed	All Levels	Ind Crt 4, 5	
19:30 - 21:30	Badminton Matchplay - Mixed	All Levels	Bad Crt 3, 4	

WEDNESDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
09:00 - 10:00	Other Events	All Levels	Ind Crt 5	
10:00 - 11:00	Other Events	All Levels	Ind Crt 1	
10:00 - 11:30	Group Coaching	Intermediate	Ind Crt 4, 5	
10:00 - 13:00	Badminton Club Sessions - Mixed	All Levels	Bad Crt 1-4	
11:00 - 12:00	Other Events	All Levels	Ind Crt 1	
12:00 - 13:00	Other Events	All Levels	Ind Crt 1	
13:30 - 15:00	Tennis Event		Ind Crt 4	
15:30 - 16:00	Other Events	All Levels	Ind Crt 3	
15:30 - 17:00	Other Events	All Levels	Ind Crt 1	
16:00 - 17:00	Other Events	All Levels	Ind Crt 3	
16:00 - 17:00	Tennis Event		Ind Crt 4	
17:00 - 18:00	Other Events	All Levels	Ind Crt 1	
17:00 - 18:00	Other Events	All Levels	Ind Crt 3	
17:00 - 18:00	Tennis Event		Ind Crt 4	
17:00 - 18:00	Tennis Event		Ind Crt 5	
18:00 - 19:00	Other Events	All Levels	Ind Crt 3	
18:00 - 19:00	Tennis Event		Ind Crt 4	
18:30 - 20:00	Fast Track Tennis - Mixed	Beginner	Ind Crt 1	
19:00 - 20:00	Tennis Drills	Intermediate/Advanced	Ind Crt 5	
20:00 - 22:00	Club Sessions - Mixed	All Levels	Ind Crt 1, 2,3 & 5	

THURSDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
10:00 - 11:30	Group Coaching	Intermediate/Advanced	Ind Crt 2, 3	
10:30 - 11:30	Tennis Event		Ind Crt 5	
11:30 - 13:00	Other Events	All Levels	Ind Crt 1	
11:30 - 13:00	Tennis Group Coaching - Ladies	All Levels	Ind Crt 2, 3	
13:00 - 15:00	Club Sessions - Mixed	All Levels	Ind Crt 1, 2 & 3	
15:00 - 16:00	Other Events	All Levels	Ind Crt 1	
16:00 - 17:00	Tennis Event		Ind Crt 3	
16:00 - 17:30	Other Events	All Levels	Ind Crt 1	
17:30 - 18:30	Other Events	All Levels	Ind Crt 1	
18:00 - 19:00	Other Events	All Levels	Ind Crt 3	
19:00 - 20:00	Group Coaching	Improver/Intermediate	Ind Crt 4	
20:00 - 22:00	Club Sessions - Mixed	All Levels	Ind Crt 1-5	

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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ADULT RACQUETS PROGRAMME JULY - AUGUST 2010

FRIDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
07:30 - 08:30	Other Events	All Levels	Ind Crt 5	
08:30 - 09:30	Other Events	All Levels	Ind Crt 5	
09:30 - 10:30	Other Events	All Levels	Ind Crt 5	
10:00 - 15:00	Tennis Event		Ind Crt 1	
10:30 - 11:30	Group Coaching	Intermediate/Advanced	Ind Crt 4, 5	
12:00 - 13:00	Other Events	All Levels	Ind Crt 3	
15:00 - 16:00	Other Events	All Levels	Ind Crt 3	
16:00 - 17:00	Other Events	All Levels	Ind Crt 3	
16:30 - 17:00	Other Events	All Levels	Ind Crt 1	
17:00 - 17:30	Other Events	All Levels	Ind Crt 3	
19:30 - 21:30	Badminton Matchplay - Mixed	All Levels	Bad Crt 1-4	
20:00 - 22:00	Club Sessions - Ladies	All Levels	Ind Crt 4, 5	

SATURDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY
08:00 - 09:00	Other Events	All Levels	Ind Crt 1	
09:00 - 10:30	Fast Track Tennis - Mixed	Beginner	Ind Crt 1, 2	
09:00 - 12:00	Tennis Event		Ind Crt 3	
11:00 - 11:50	Tennis Welcome - Mixed	All Levels	Ind Crt 1	
12:00 - 13:00	Tennis Event		Ind Crt 3	
13:00 - 14:00	Tennis Event		Ind Crt 3	
13:00 - 14:30	Tennis Event		Ind Crt 5	
14:00 - 15:00	Tennis Event		Ind Crt 3	
14:00 - 15:30	Group Coaching	Improver/Intermediate	Ind Crt 1, 2	
14:30 - 15:30	Tennis Event		Ind Crt 5	
15:00 - 15:30	Tennis Event		Ind Crt 3	
15:30 - 17:30	Club Sessions - Mixed	All Levels	Ind Crt 1-5	

SUNDAY

TIME	ACTIVITY	CATEGORY	LOCATION	KEY

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.

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