

## ADULT DROP-IN 2012

Turn up pay and play. No need to book in advance. Turn up 30mins (max 45mins) before the session to register at Reception and secure your place. Numbers are limited so there is an appropriate ratio of players to coaches. First come first served!

Sessions cater for players of specific standards and are ideal if you:

- are trying tennis for the first time, or it's been a while
- want an extra coach led session to compliment a course
- simply want to attend coach led sessions without committing to regularly attend

Session	Day	Time	Playing standard	Cost
<b>Drills &amp; Social:</b> <i>Coffee Mornings</i>	Monday	School term time: 10am – 12pm School holidays: 9am – 10.30am	Intermediate	£12
	Wednesday	<i>See WTW Tennis Camp flyer for dates. Tennis Camps scheduled in state and private school holidays</i>	Intermediate	£12
	Friday		Beginner/Improver	£12
<b>SmartCard Club Night</b>	Friday	Apr-Sept: 6 – 8pm <i>End time depends on daylight</i> Sept – Mar: invite to session at WTW <i>Lammas Park Ealing W13 9NJ</i>	All	Free/ £3*
<b>Drills &amp; Social:</b> <i>Saturday Coffee Morning</i> <i>Sunday Brunch</i>	Saturday	9 – 11am	Beginner/Improver	£13
	Sunday	10am – 12pm	Improver/Intermediate	£15
<b>Cardio Tennis</b>	Saturday	11am – 12pm (Sat 03 Mar onwards)	All	£10
<b>Team Practice</b>	Saturday	1 – 3pm (Mens)	Intermediate/Advanced	£12
		2 – 4pm (Ladies)	Intermediate/Advanced	£12
<b>Social Match Play</b>	Wednesday	Apr - Sept: 6 – 9pm <i>End time depends on daylight</i>	All	£10
	Sunday	1 - 4 pm	Intermediate	£12

\*Free for Smartcard holders, £3 other players. Sept-Mar £2 floodlight fee applies at Lammas Park.

### SESSION CONTENTS

<b>Drills &amp; Social Coffee Morning</b>	<i>1 hour coach led drills, 1 hour mix in &amp; play, followed by refreshments on us.</i>
<b>Drills &amp; Social Brunch</b>	<i>1.5-hours coach led drills, 30min mix in &amp; play, then refreshments on us.</i>
<b>Cardio Tennis</b>	<i>1 hour cardiovascular workout that includes warm up, cardio workout &amp; cool down.</i>
<b>Social Match Play</b>	<i>1-hour coach led drills up to 2 hours mix in &amp; play (depending on daylight).</i>
<b>Team Practice</b>	<i>1-hour coach led drills, 1-hour mix in &amp; play. Invitation only: please speak to coach for assessment before the session.</i>
<b>SmartCard Club Night</b>	<i>Social tennis for regular players, mix in doubles play.</i>

**Not sure what standard you play to?** Ask a coach. You (and other players) will benefit most from the tennis session by playing at the appropriate standard. As its often difficult making an objective self-rating of your playing standard, we recommend you ask a coach to decide for you. **Thinking about a new racket?** Demo rackets are available to test at all sessions. Ask a coach for recommendations for you.

### Will to Win Chiswick

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