

ADULT DROP-IN 2012

As the name suggests 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.

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

- are trying tennis for the first time, or 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
Mums & Tots Tennis	Friday	10 – 11.30am <i>During Summer term time only (starts 20 April)</i>	Beginner/ Improver	£11
Drills & Social	Monday <i>Coffee morning</i>	9.30 – 11.30am	Improver	£12
	Sunday <i>Brunch</i>	10am – 12pm	Improver/Intermediate	£13
Cardio tennis	Monday	7 – 8pm	n/a	£9
	Saturday	9 – 10am	n/a	£9
Intensive Drills	Tuesday	8 – 9.30pm	Advanced	£11
SmartCard Club Night	Friday	6 – 8pm	n/a	Free*
Team Practice	Saturday	10am – 12pm	Advanced (Ladies)	£11
		1 – 3pm	Advanced (Mens)	£11
Beginner Drop-In	Saturday	9 – 10am	Beginner	£10
Social Match Play	Wednesday	7 – 9pm	Intermediate/ Advanced	£10
	Sunday	Until 23 Oct: 2 – 5pm From 30 Oct: 1 – 4pm		£8

*An additional £2 fee will apply if floodlights are in use.

Mums & Tots Tennis	<i>Informal 90-minute group lesson for mums, separate tennis games 2-4 year olds, shared baby-minding for younger ones</i>
Drills & Social	<i>1.5-hours coach led drills, 30min mix in & play, then refreshments on us</i>
Cardio Tennis	<i>1 hour of cardiovascular workout that includes warm up, cardio workout & cool down</i>
Intensive Drills	<i>1 hour of coach led theme based drills and tactical play. By invitation only, please speak to the coach for an assessment.</i>
SmartCard Club Night	<i>Free Social Tennis for Smartcard holders only</i>
Team Practice	<i>1-hour coach led drills, 1-hour mix in & play. By invitation only, please speak to the coach for an assessment before the session.</i>
Beginner Drop-In	<i>1-hour group lesson for beginners just starting out or perhaps an extra session to a Beginner Course</i>
Social Match Play	<i>Wednesday: 1-hour coach led drills up to 2 hours mix in & play Sunday: 3 hours of mix in & play tennis</i>

Not sure what standard you play to? Ask a coach.

You (and other players) will benefit most from a tennis session by playing in 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 drop-in session. Ask a coach for personalised recommendations.

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