

ADULT DROP-IN 2012

As the name suggests no need to book in advance! Register at Reception approx. 30 mins before the session to secure your place. 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

Numbers are limited so there is an appropriate ratio of players to coaches. First come first served!

Session	Day	Time	Playing standard	Cost
Intensive drills	Monday	10am – 12pm	Intermediate/Advanced	£15
Drills & Social: Coffee Mornings	Tuesday	10am – 12pm	Beginner/Improver	£13
	Wednesday			
	Thursday	Check with coach if session running in school holidays		
	Friday			
Drills & Social:	Monday	7 – 9pm	Beginner/Improver	£16
	Wednesday	7 – 9pm	Intermediate/Advanced	£16
Social Play	1 st Friday	6.30 – 9pm	Beginner/Improver	£8
Drills & Social: Afternoon Tea	Saturday	2 – 4pm	Intermediate	£16
Drills & Social: Brunch	Sunday	10am – 12pm	Improver/Intermediate	£16
Cardio Tennis	Saturday	9 – 10am (04 Feb onwards)	n/a	£12
Team Practice	Saturday	1 – 3pm	Advanced, 1 st teams: Mens & Ladies	£13
		3 – 5pm	Advanced, 2 nd teams: Mens & Ladies	£13
Drop-in Group Lesson	Sunday	1 – 2pm	Beginner	£13
		2 – 3pm	Improver	£13
Social Match Play	Sunday	08 Jan – 18 Mar: 1 – 3pm	Improver/Intermediate	£15
		25 Mar – 21 Oct: 3 – 5pm		

Sessions run all year round excluding Christmas holidays: 22 Dec 2012 – 04 Jan 2013

Intensive Drills	<i>2 hours coach led, theme based drills and tactical doubles play, including coach assessment</i>
Drills & Social	<i>1 hour coach led drills, 1 hour mix in & play, followed by refreshments on us</i>
Cardio Tennis	<i>1 hour cardiovascular workout that includes warm up, cardio workout & cool down</i>
Social Match Play	<i>Fri: arrive 6.30 for 7, 1 hour coach led drills, 1 hour mix in & play. For those who have attended a course. Sun: 1 hour of coach led drills, 1 hour mix in & play</i>
Team Practice	<i>By invitation only. Please speak to the coach for assessment before the session</i>
Drop-in Group Lesson	<i>Informal group lesson, ideal if thinking about signing up for a course</i>

Not sure what standard you play to? Check the *Adult Playing Standard* poster or ask a coach.

You (and other players) will benefit most from a tennis session by playing in at the appropriate standard. It can be difficult to make an objective self-rating of playing standard, please get help.

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