

SATURDAY SENIOR RACKETBALL CLASSES

DATE	PROGRAMME	TIME
10 th January	Welcome Pack	5 mins
	Introductions	5 mins
	Grip, Forehand & Backhand Drives and Serving	30 mins
	Friendly Conditioned Play	15 mins
	Questions	5 mins
17 th January	Introduce Warm Up	5 mins
	Warm Up & Stretches	5 mins
	Review F/H & B/H Drives and Serve	10 mins
	Forehand & Backhand Volleys	20 mins
	Friendly Conditioned Play	15 mins
	Questions	5 mins
24 th January	Warm Up & Stretches	5 mins
	Review F/H & B/H Volleys	5 mins
	Forehand & Backhand Drop Shots	15 mins
	Forehand & Backhand Straight Lobs	15 mins
	Friendly Conditioned Play	10 mins
	Cool Down	5 mins
	Questions	5 mins
31 st January	Warm Up & Stretches	5 mins
	Review F/H & B/H Drop Shots & Lobs	5 mins
	Forehand & Backhand Boasts	20 mins
	Friendly Conditioned Play	20 mins
	Cool Down	5 mins
	Hand Out Marking Sheets & Questions	5 mins
7 th February	Warm Up & Stretches	5 mins
	Review Course	5 mins
	Round Robin Competition	45 mins
	Cool Down	3 mins
	Award Certificates	2 mins

**At the end of the final lesson you are invited for a
free coffee or soft drink in the dining room**

All timings are approximate and all classes will include
Advice on lets, strokes, tactics and court etiquette.