



WELCOME TO YOUR ACTIVE AWAY PLAY & WATCH EVENT!

EXPERIENCE THE START OF THE BRITISH GRASS COURT SEASON AT THE NOTTINGHAM OPEN. ENJOY SOME HIGH QUALITY TENNIS, COMBINED WITH YOUR CHANCE TO LEARN SOME NEW DOUBLES SKILLS.



| DAY | MORNING | AFTERNOON | EVENING |
|---|--|---|--|
| <p>Thursday 15th June 2023</p> | <p>07:30 - 07:45 - Arrive - Meet at David Lloyd West Bridgford in the club room</p> <p>08:00 - 10:00 - Tennis - Fast Paced Doubles Drills</p> <p>10:00 - 10:30 - Shower & Change - Using the facilities at the club</p> | <p>10:30 - 10:45 Travel* - To the Nottingham Open (either drive or take a Taxi)</p> <p>11:00 - 13:00 - Watch - The Nottingham ATP & WTA event - you'll have tickets to the Main Court as well as the outside courts</p> <p>13:00 - 14:00 - Lunch* - At the Nottingham ATP event</p> <p>14:00 - 18:00 - Watch - The Nottingham ATP & WTA event</p> | <p>19:30 - Dinner* - At a local restaurant in West Bridgford (approximately £20 per head)</p> |
| Information | <p>*Is not included and at an additional cost Please Note - Accommodation & Travel is not included</p> | | |



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| Friday 16th June 2023 | <p>09:30 - 09:45 - Arrive - Meet at David Lloyd West Bridgford in the club room</p> <p>10:00 - 10:45 - Tennis - Rally Skills</p> <p>10:45 - 11:15 - Tennis - How to Break Serve #1 - The Weak 2nd Serve</p> <p>11:15 - 11:45 - Tennis - How to Break Serve #2 - Handling a Fast Serve</p> <p>11:45 - 12:30 - Tennis - How to Break Serve #3 - The Returners Partner</p> | <p>12:30 - 13:30 - Lunch* - At the on site cafe at David Lloyd West Bridgford</p> <p>13:30 - 13:45 - Tennis - Volley Masterclass</p> <p>13:45 - 14:30 - Tennis - Volley #1 - The Attacking Volley</p> <p>14:30 - 15:15 - Tennis - Volley #2 - Dealing with a Fast Ball</p> <p>15:15 - 16:00 - Tennis - Volley #3 - DNA & Decision Making</p> <p>16:00 - 16:30 - Coffee* - With the group</p> | |
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