

ADULT TENNIS

Session Guide



Session	Description
Mixed Drills	<ul style="list-style-type: none">• This is a pay and play session.• All sessions are coach led with a balance of tennis related drills and then an opportunity for some matchplay.• If you wish to take part, then please just turn up and pay the coach directly at the end of the session.
Bronze (Beginners)	<ul style="list-style-type: none">• For adults who want to start learning the game and are looking for a new challenge in life – look no further!• Sessions will cover basic technical and tactical aspects incorporated within a game-based approach which allows progressive learning, making it fun and enjoyable.• Sessions will involve drills and introduction to matchplay.
Silver (Intermediate)	<ul style="list-style-type: none">• For those who have previously attended the level below or who are returning after a lengthy absence and want to brush up on their skills.• This course is also suitable for those who still require some fine tuning on basic technique and wish to build their confidence in matchplay situations.• Players should be able to maintain a rally from the baseline with both forehands and backhands and be capable of serving overarm.
Gold (Advanced)	<ul style="list-style-type: none">• Open to all full members and improvers can join by invitation only.• Sessions will cover more advanced techniques and tactics for matchplay in singles and doubles.• Players should be looking to attend social tennis whenever possible outside of these sessions.
Team Practice	<ul style="list-style-type: none">• Members only invitational session.• Top Club standard players, competing for the Club teams and show advanced levels of tactics in both singles and doubles.• All sessions are coach led with a balance of basket drills and matchplay.• Must be a full member
Social Tennis	<ul style="list-style-type: none">• These free sessions are supervised by a member of staff.• Players sign up with the member of staff on duty and then are allocated to doubles matches. Players play a set number of games before rotating off and mixing in with a different group of four players.• It is requested that players should be above improvers level and should know the rules of doubles.• Must be a full member to attend any social session.• Improvers can attend by invitation only
Cardio Tennis	<ul style="list-style-type: none">• This is a pay and play session.• The session is a fun, sociable group fitness class set on a tennis court and open to people of all ages and abilities.• Supported by music and qualified coaches, you'll get to hit lots of tennis balls during the session and have a great cardio workout at the same time.