

TENNIS PROGRAMME

	Time	Session Name	Ratings	Details	Price
Mon	9:30–11:00	Tennis Coaching & Matchplay	Improvers	A session developing strokes and tactics through drills and match play situations.	£15
	11:00–12:30	Tennis Coaching & Matchplay	Intermediates	A fast paced session developing strokes and tactics through drills and match play situations.	£15
Tues	18:00–19:30	Tennis Coaching & Matchplay	Intermediates/Advanced	A fast paced session developing strokes and tactics through drills and match play situations.	£15
	19:30–21:00	Tennis Club Sessions	Intermediates to Advanced	Organised and hosted by the coaches for players to practice and play in a relaxed social atmosphere.	Comp
Wed	9:00–10:30	Tennis Coaching & Matchplay	Intermediates/Advanced	A fast paced session developing strokes and tactics through drills and match play situations.	£15
	10:30–12:00	Tennis Coaching & Matchplay	Advanced	A fast paced session developing strokes and tactics through drills and match play situations.	£15
	18:30–20:00	Tennis Club Sessions	Intermediate/Advanced	Organised by the coaches for players to practice in a fast paced match play situation.	Comp
Thurs	9:30–11:00	Tennis Coaching & Matchplay	Intermediate to Inter/Adv	Fast paced developing improvers' strokes and tactics through drills and match play situations.	£15
	12:30–14:00	Tennis Club Sessions	Improvers to Intermediate	Organised and hosted by the coaches for players to practice and play in a relaxed social atmosphere.	Comp
	14:00–15:00	Tennis Drills	All Levels	A fast paced session to improve your movement, patterns of play and reactions.	£10
	15:00–15:30	Tennis Welcome	Beginners to Intermediates	For those new to tennis, book a 30 minute on court induction, where you will also be given rating.	Comp
	18:00–19:45	Ladies Team Tennis Training	Team Players	For players involved in teams (Please note if you would like to play for the teams, please email racquets@wickwoods.co.uk)	Comp
	19:45–21:15	Men's Team Tennis Training	Team Players	For players involved in teams (Please note if you would like to play for the teams, please email racquets@wickwoods.co.uk)	Comp
Fri	9:30–11:00	Men's Tennis Club Compete Session	Advanced	A fast paced session for Advanced Men to practice drills and matchplay.	£15
	11:00–12:30	Tennis Coaching & Matchplay	Intermediates	A fast paced session for players developing strokes and tactics through drills and match play situations.	£15
	18:30–20:00	Tennis Club Sessions	Improvers to Advanced	A coach or host led social, for players to practice and play in a relaxed social atmosphere.	Comp
Sat	09:00–9:30	Tennis Welcome	Beginners to Intermediates	For those new to tennis, book a 30 minute on court induction, where you will also be given rating.	Comp
	10:00–11:30	Tennis Coaching & Matchplay	Improvers/Intermediates	A session developing strokes and tactics through drills and match play situations.	£15
	11:30–12:30	Fast Track Tennis	Beginners	6 week course to learn basics quickly! Learn essentials, meet members and have fun!	£80
	12:30–14:00	Tennis Coaching & Matchplay	Improvers	A session developing strokes and tactics through drills and match play situations	£15
	14:00–15:30	Tennis Coaching & Matchplay	Intermediates/Advanced	A fast paced session developing strokes and tactics through drills and match play situations.	£15
Sun	10:00–11:30	Tennis Club Sessions	Advanced	A host led session for Advanced rated members.	Comp
	11:30–13:00	Tennis Club Sessions	Improvers to Advanced	A host led social, for players to practice and play in a relaxed social atmosphere.	Comp

See overleaf for further information

01273 857567 | racquets@wickwoods.co.uk

Cancellation charge – full charge when cancelled within 24 hours or a no show.

LET'S GET STARTED

Members can book tennis courts up to 9 days in advance on their David Lloyd Clubs App - you can also book on behalf of your group and invite other members to play through the App.

Our optional complimentary Inductions and welcome sessions are a great opportunity to meet like-minded players of a similar ability whilst exploring tennis at Wickwoods. Partake in an Induction and receive your rating from a qualified coach, you will then be able to attend sessions on our programme, see them overleaf or see the timetable on the David Lloyd Clubs App.

Cancellations: To cancel courts, sessions or groups please provide a minimum of 24 hours notice, this can be done via the App. Paid for groups or sessions are charged if cancelled after 24 hours or a no show.

LATEST UPDATES

Tennis Club Sessions – Previously known as Tuesday Social, Thursday Social, Friday Social, Sunday Social

Tennis Club Compete Session Advanced - Previously known as Sunday Matchplay (10-11:30)

Tennis Welcome - Previously known as Tennis Induction

Tennis Coaching and Matchplay - Previously known as Coaching and the Doubles Play Course

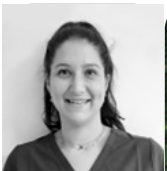
Men's / Ladies Team Tennis Training - Previously known as Men's / Ladies Team Practice.

Fast Track Tennis is now bookable online for members 9 days in advance.

Tennis Coaching and Matchplay Improver – Bookable for members Saturdays 12:30-14:00

Tennis Coaching and Matchplay Intermediates/Advanced- Bookable for members Saturdays 14:00-15:30

TENNIS & COACHING TEAM



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NEW RATINGS & INDUCTIONS

Our rating system has been updated. Tennis sessions on our timetable requires a rating to attend. Members with existing ratings may need to have their rating reviewed in-line with the new ratings system. For beginners or those new to tennis at Wickwoods, please attend our Tennis Welcome on a Thursday or Saturday.

BEGINNERS

- New to tennis and in the early stages of stroke development.

Induction: Tennis Welcome on Thurs or Sat

Then: Fast Track, Tennis Fit

NEW
RATING

IMPROVERS/INTERMEDIATES

- Have all features of Improvers but not all of Intermediates. **This is its own rating and is not suitable for those solely rated Improvers or Intermediates.**

Induction: Tennis Welcome on Thurs or Sat

Then: All Improvers/Intermediates,
Tennis Club Sessions, Tennis Fit, Tournaments

INTERMEDIATES

- Have improved court coverage, with good movement and stroke consistency.
- Can serve and return with placement.
- Have a good understanding of positioning in singles and doubles play.
- Can use power and spin and have started to handle pace on the ball.
- Good footwork and basic tactical knowledge.
- Can hit a first serve with power, and a second serve with spin.

Induction: Thurs or Sat Tennis Welcome

Then: All Intermediates, Tennis Club Sessions,
Tennis Fit, Tournaments

RATING REVIEW After receiving your rating, reviews are available every 4 months. Attend a group coaching of your rating, and tell the coach you would like your rating reviewed. Appeals can be made by email racquets@wickwoods.co.uk.

IMPROVERS

- Who have a basic knowledge of stroke development and ability to sustain a short rally.
- Can score and understand basic doubles positioning.
- Can serve and return.

Induction: Tennis Welcome on Thurs or Sat

Then: All Improver, Tennis Club Sessions, Tennis Fit
Fast Track/Fast Track Plus. Tournaments.

NEW
RATING

INTERMEDIATES/ADVANCED

- Have all Intermediates features but not all of Advanced. **This is its own rating and is not suitable for those solely rated Intermediates or Advanced.**

Induction: Tennis Welcome on Thurs or Sat

Then: All Intermediate/Advanced, Tennis Club
Sessions, Tennis Fit, Tournaments

ADVANCED

- Exhibit a strong all-round game and can control depth of shots.
- Can vary game plan according to their opponent and play regular competitive tennis.
- Have high standard of match play.
- Have power and consistency.
- Can vary their strategy and style of play in a competitive situation.
- Can hit serves with direction, spin and are of high-level.

Induction: email racquets@wickwoods.co.uk

Then: All Advanced, Tennis Club Sessions,
Tennis Fit, Tournaments