



# ADULT SESSIONS EXPLAINED

## CARDIO TENNIS

All ages and abilities are welcome at Cardio Tennis, a fun and sociable group fitness class. Sessions are led by a qualified and trained instructor. They combine music with a variety of high tempo exercises and activities to provide an enjoyable full body workout.

- Who's it for? - Everyone! Adult players of all ages, backgrounds and fitness levels are welcome.

## TENNIS XPRESS

Running over 6-weeks, Tennis Xpress is a coaching course for adult beginners.

Tennis Xpress uses modified equipment, including slower balls, so that starters can quickly learn the game of tennis, and be able to serve, rally and score from the first session.

The course is divided into groups, which enables attendees to meet other players of a similar ability from the start.

- Who's it for? Men and Women Beginner /Improver

## CLUB MORNING

Running over 6-weeks, courses of doubles themed tactics and fun drills for players who want to learn more about the game of doubles.

- Who's it for? All standards

## MEN'S NIGHT 7-8pm & LADIES NIGHT 8-9pm

Running 6-week courses of fun singles and doubles drills whilst learning shots and tactics each week.

\*\*At the end of each course we will run a mixed doubles event 7- 9pm for all players involved.

- Who's it for? Intermediate - Advanced

## TUESDAY LEAGUE

This has been running for many years, which the club has great pride in.

If you like 2hrs of competitive doubles, this is perfect for you and a great way to meet members.

### Rules

- The format is doubles play and you play with the same partner every week (you can substitute partners if one of you is unavailable). If you do not have a partner, the Head Coach will try his best to organise someone on the night.
- We will run the matches as either timed tennis (20/30 min) or playing 1 full set.
- Each week the coach will make a record of results, which will effect the position you start the following week.

## INVITE ONLY MEN'S DOUBLES DRILLS

Predominately aimed at 1st team players and top juniors in the club

## MEN'S / LADIES TEAM PRACTICE

Invite only - team captains will run doubles practice matches