



## TENNIS CLUB PROGRAMME

Monday, 10th January 2022 to Saturday 19th February 2022 (6 weeks)

### Adult Programme

Monday	1000	-	1130hrs	Adult Coaching Morning	£54.00 members	£81.00 non-members	6wks
Tuesday	0930	-	1030hrs	Cardio Tennis Games	£5.00 members	£7.50 non-members	weekly
	1200	-	1330hrs	Ladies Hitters	£9.00 members	£13.50 non-members	weekly
Wednesday	0900	-	1000hrs	Cardio Tennis	£5.00 members	£7.50 non-members	weekly
Thursday	1000	-	1130hrs	Ladies Technical/Tactical	£9.00 members	£13.50 non-members	weekly
	1800	-	1900hrs	Adult Tennis Xpress/Beginner	£36.00 members	£54.00 non-members	6wks
	1900	-	2000hrs	Cardio Tennis	£5.00 members	£7.50 non-members	weekly
Friday	0830	-	0930hrs	Cardio Tennis	£5.00 members	£7.50 non-members	weekly

#### Adult Coaching Morning

A fun filled session incorporating learning the technique on all basic strokes and basic tactical skills. Players should have a good understanding of the rules and scoring for both singles and doubles. Sessions will be delivered with a game based approach to develop matchplay skills.

#### Adult Improvers

For players who have a good understanding of the rules and scoring for both singles and doubles and who can play all the basic strokes. The course will start to cover more advanced technique and tactics incorporated in a game based approach.

#### Cardio Tennis & Cardio Tennis Games

Cardio Tennis is a series of tennis based drills and activities to up-tempo music on a tennis court. It does not require tennis skills, but is all about keeping your heart beat up, burning calories and having fun. Cardio Tennis includes a warm-up, work out and cool down. There are drills for absolute beginners to advanced players. It is not a coaching session but is about hitting lots of balls and keeping active throughout with the main aim of getting fit doing tennis related activities. Cardio Tennis Games uses all the principles of Cardio Tennis above but incorporates lots of fun, tennis based games. The session will include warm-up, tennis games and cool down. Loads of fun and competition.

#### Ladies Hitters

This session is for strong Club players who have a competency in all areas of the game. A full range of all the strokes will be covered in the course and an opportunity to explore tactics in greater depth for both singles and doubles.

#### Ladies Technical/Tactical

Aimed at players who have a good understanding of all the basic strokes and who are looking to develop the use of more advanced technique and tactics. The sessions will involve a range of drills to improve technique and gain a greater understanding of the tactics.

#### Adult Tennis Xpress/Beginners

A fun and social group coaching course which helps adult beginners get into tennis. Tennis Xpress teaches the foundations of the game so that by the end of the 7 week course you will be able to enjoy fun matches with like-minded players.

### The following Adult Sessions run all year (subject to holidays/tournaments)

Monday	0930	-	1100hrs	Ladies Senior Session	FREE	Contact Organiser: Julie Stockdale	ongoing weekly
	1300	-	1500hrs	Men's Senior Session O55	FREE	Contact Organiser: John Plunkett	ongoing weekly
Tuesday	1900	-	2100hrs	Adult Club Play	FREE		Ongoing weekly
Wednesday	1230	-	1430hrs	Adult Mixed Roll-Up	FREE	Contact Organiser: Howard Mottram	ongoing weekly
Friday	0930	-	1130hrs	Ladies Morning Roll-Up	FREE	Contact Organiser: Dee Mulgrew	ongoing weekly
	1100	-	1300hrs	Ladies Senior Session	FREE	Contact Organiser: Diana Huntingford	ongoing weekly
	1130	-	1330hrs	Adult Mixed Roll-Up	FREE	Contact Organiser: Brian Fisher	ongoing weekly
	1300	-	1600hrs	Men's Senior Session O45	FREE	Contact Organiser: Keith Flewitt/Keith Palmer	ongoing weekly
Saturday	1400	-	1700hrs	Adult Club Play	FREE		ongoing weekly
Sunday	1000	-	1230hrs	Adult Club Play / Quarterly Cup	FREE / £5.00 members per qtr	QC Contact Organiser: Chris Dearling	ongoing weekly

### Junior Programme

Monday	1600	-	1700hrs	Pre-Mini Tennis Red	£6.00 members	£9.00 non-members	weekly
	1600	-	1700hrs	Mini Tennis Red Bugs	£6.00 members	£9.00 non-members	weekly
	1600	-	1700hrs	Mini Tennis Orange	£36.00 members	£54.00 non-members	6wks
	1700	-	1800hrs	Mini Tennis Green	£36.00 members	£54.00 non-members	6wks
Tuesday	1700	-	1830hrs	Mini Tennis Green/Junior Club (10-14yrs)	£54.00 members	£81.00 non-members	6wks
Wednesday	1600	-	1700hrs	Pre-Mini Tennis Red	£36.00 members	£54.00 non-members	6wks
	1600	-	1700hrs	Mini Tennis Red Bugs	£36.00 members	£54.00 non-members	6wks
	1730	-	1900hrs	Junior Tennis Futures (13-18yrs)	£54.00 members	£81.00 non-members	6wks
Thursday	1600	-	1700hrs	Mini Tennis Red Bugs	£36.00 members	£54.00 non-members	6wks
	1730	-	1900hrs	Mini Tennis Green/Junior Club (10-14yrs)	£54.00 members	£81.00 non-members	6wks
Saturday	0900	-	0930hrs	Tots Tennis	£18.00 members	£27.00 non-members	6wks
	0930	-	1030hrs	Pre-Mini Tennis Red	£36.00 members	£54.00 non-members	6wks
	0930	-	1030hrs	Mini Tennis Red Bugs	£36.00 members	£54.00 non-members	6wks
	1030	-	1130hrs	Mini Tennis Orange	£36.00 members	£54.00 non-members	6wks
	1130	-	1230hrs	Mini Tennis Green/Junior Club (10-14yrs)	£36.00 members	£54.00 non-members	6wks

#### Terms & Conditions for Adult & Junior Programmes:

All Club Programme bookings to be made at Club Reception.

Groups will be subject to at least 4 players signing up so signing up is essential - if a group is cancelled every effort will be made to find another suitable option on the programme.

Non-members who are new to the Club can attend Club programme sessions for a maximum of one full term after which time membership is required to continue attending any session.

If you require any information or for further details, please contact Chris Daynes directly on [tennis@ipswichsports.co.uk](mailto:tennis@ipswichsports.co.uk).

#### Tots Tennis

For children aged 3-5 years who will be introduced to the game of tennis through generic ball skills. These will include balance, movement, co-ordination and generic dexterity exercises introduced through fun games and skill exercises.

#### Pre Mini Tennis Red

For children aged 5-6 years who wish to start learning tennis or who have progressed from Tots Tennis. Sessions will cover basic co-ordination, racket and ball skills and various fun games – the emphasis is very much on FUN while developing basic sending and receiving skills to start rallying.

#### Mini Tennis Red Bugs

For children aged 6-8 years. Sessions will cover co-ordination, racket and balls skills and various fun games as well as learning fundamental basic technical and tactical skills. Players will learn fundamental sending and receiving skills and start to learn to play games and matches in a fun environment.

#### Mini Tennis Orange

For children aged 8-9 years progressing from Mini Tennis Red Bugs or starting the game who have developed their skills sufficiently to move onto the Orange court with low compression balls. Equipment, court size and rules are adapted to cater for the players' ability. Sessions will cover co-ordination and movement exercises, basic rules, technique and tactics of the game.

#### Mini Tennis Orange Rallyers

Here children will continue to play on the Mini Tennis Orange court so that they can enhance their understanding of the game including a greater tactical awareness and more refined technique before progressing onto the next level. They will learn to play a full game and be able to score.

#### Mini Tennis Green

For children aged 9-10 years. Sessions will focus on developing technique on all strokes and explore tactical situations incorporating a games based approach to enhance new skills and extend learning. Sessions will build on all aspects covered in Mini Tennis Orange.

#### Junior Club Tennis 10-14 yrs

For children aged between 10-14 years who have progressed through Mini Tennis or starting up the game. Sessions will include technique and tactics incorporated within drills and games using hard balls.

#### Junior Tennis Futures

For children aged 10 years plus who wish to play in regular competitions and have an LTA rating. Players will be selected to attend the squads by invitation based on age and playing level.