

TENNIS PROGRAMME

AN EXTENSIVE RANGE OF SESSIONS FOR ALL ABILITIES

| | Time | Session | Details | Ratings | Price |
|--------------|-------------|------------------------------|--|---------------------------|-------|
| Mon | 9:30–11:00 | Improvers Coaching | A fast paced session developing strokes and tactics through drills and match play situations. | Improvers | £15 |
| | 11:00–12:30 | Intermediates+ Coaching | A fast paced session developing strokes and tactics through drills and match play situations. | Intermediates+ | £15 |
| Tues | 13:00–14:30 | Open Social | Organised by the coaches, this is a great time to practice match play. | All Ratings | £2 |
| | 18:00–19:30 | Intermediates+ Coaching | A fast paced session developing strokes and tactics through drills and match play situations. | Intermediates+ | £15 |
| | 19:30–21:00 | Improv. - Inter.+ Social | Organised by the coaches for players to practice and play in a relaxed social atmosphere | Improvers - Inter.+ | £2 |
| Wed | 9:00–10:30 | Intermediates+ Coaching | A fast paced session developing strokes and tactics through drills and match play situations. | Intermediates+ | £15 |
| | 10:30–12:00 | Adv / Advanced+ Coaching | A fast paced session developing strokes and tactics through drills and match play situations. | Advanced / Adv.+ | £15 |
| | 18:30–20:00 | Advanced Social | Organised by the coaches for players to practice in a fast paced match play situation. | Advanced / Adv.+ | £2 |
| Thurs | 9:30–11:00 | Beginners / Improv. Coaching | Fast paced developing beginners/ improvers' strokes and tactics through drills and match play situations. | Beginners / Improvers | £15 |
| | 12:00–12:30 | Beginners - Inter. Induction | For those new to tennis, book a 30 minute on court induction, where you will also be given rating. | Beginners - Intermediates | Comp |
| | 12:30–14:00 | Improvers - Inter. Coaching | A fast paced session developing strokes and tactics through drills and match play situations. | Improvers - Inter. | £15 |
| | 18:00–19:45 | Ladies Team Practice | For players involved in teams (Please note if you would like to play for the teams, please email tennis@wickwoods.co.uk) | Adv.+ Team Players | Comp |
| | 19:45–21:15 | Mens Team Practice | For players involved in teams (Please note if you would like to play for the teams, please email tennis@wickwoods.co.uk) | Adv.+ Team Players | Comp |
| Fri | 11:00–12:30 | Inter. / Inter.+ Coaching | A session for players developing strokes and tactics through drills and match play situations. | Intermediates / + | £15 |
| | 18:30–20:00 | Friday Night Open Social | A host led session for all members. From 16 July, includes a food & drink offer to redeem in the bar afterwards! | All Ratings | Comp |
| Sat | 10:00–10:30 | Beginners - Inter. Induction | For those new to tennis, book a 30 minute on court induction, where you will also be given rating. | Beginners - Intermediates | Comp |
| | 10:30–12:00 | Improv. / Inter Coaching | Fast paced developing strokes and tactics through drills and match play situations. | Improvers - Inter. | £15 |
| | 12:00–13:00 | Beginners Fast Track | A 6 week course to learn the basics quickly! Learn the essentials, meet other new members and have fun! | Beginners | £70 |
| Sun | 10:00–11:30 | Advanced Match Play | A host led session for advanced/ advanced+ rated members. | Advanced / Adv.+ | Comp |
| | 11:30–13:00 | Sunday Open Social | All members are welcome to play in a friendly atmosphere. | All Ratings | Comp |

The capacity of our groups will be adjusted as required, in line with current social distancing regulations.

See our ratings system overleaf

Book up to 6 days in advance online or by phone 01273 857567

See overleaf for further information

Share your feedback

Contact our Tennis Liaison at tennis@wickwoods.co.uk

GETTING STARTED

Our Wickwoods tennis journey enables all members to make the most of the tennis facilities regardless of experience, from beginner through to advanced+ players.

The complimentary introduction and welcome sessions, which are available to all members, 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 coach, you will then be able to attend our programme sessions.

UNDERSTANDING THE RATINGS

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| <p>BEGINNERS</p> <ul style="list-style-type: none"> • Players who are new to tennis • Have never played before | <p>INDUCTION: Thurs & Sat Induction</p> <p>THEN: Fast Track, Beginner Groups & Socials</p> |
| <p>IMPROVERS</p> <ul style="list-style-type: none"> • Can keep a rally • Basic scoring knowledge | <p>INDUCTION: Thurs & Sat Induction</p> <p>THEN: Fast Track / Fast Track+, Beginner/Improver Groups & Socials</p> |
| <p>INTERMEDIATES</p> <ul style="list-style-type: none"> • Returning to tennis • Can keep a good standard rally • Good scoring knowledge | <p>INDUCTION: Thurs & Sat Induction</p> <p>THEN: Intermediate/ Intermediate+ Groups, Socials, Tournaments</p> |
| <p>INTERMEDIATES+</p> <ul style="list-style-type: none"> • Play regular club tennis, Match Play and Socials • Good scoring knowledge | <p>INDUCTION: Thurs & Sat Induction</p> <p>THEN: Intermediate & Intermediates+ Groups Socials, Tournaments</p> |
| <p>ADVANCED</p> <ul style="list-style-type: none"> • Play regular club tennis to a high standard • Enjoy competitive match play | <p>INDUCTION: Advanced Match Play OR Advanced Groups</p> <p>THEN: Advanced Groups, Socials, Tournaments</p> |
| <p>ADVANCED+</p> <ul style="list-style-type: none"> • Have played for club teams • Currently play for a club's teams • Play at the highest club standard | <p>INDUCTION: Advanced Match Play Advanced & Advanced+ Groups</p> <p>THEN: Advanced & Advanced+ Groups Socials, Tournaments</p> |

WHAT MAKES US DIFFERENT

LEARN - PLAY - ENJOY TENNIS

- FREE induction
- FREE indoor & outdoor court use
- FREE use of floodlights
- Comprehensive programme
- Regular tournaments
- Great social scene
- Hosted social play sessions
- Year round tailored Tennis Breaks
- Wickwoods Ladies & Men's teams
- Fully qualified coaches
- Online booking system
- Annual Wimbledon ticket draw

Coaching Team

Private coaching available, contact our coaches or email tennis@wickwoods.co.uk

Karen Goldfinch

£35 per hour
07719 590610



Mark Ryan

£40 per hour
07971101507



Damien Adams

£40 per hour
07857 284825



Tasha Khan

£40 per hour
07742 488135



Tony Clark

£40 per hour
07711 184958



TENNIS COURSES

6 Week Fast Track to Tennis Course For Beginners

- Learn essentials: grips, footwork, techniques & tactics
- Meet new & like-minded members of a similar ability
 - Have fun & learn how to play!

£70 | Enquire at tennis@wickwoods.co.uk

Tailored 6 Week Courses available for up to 8 players

Enquire for more information, email tennis@wickwoods.co.uk

NICK RIVETT
SPORT

SPECS

CARPENTER
BOX

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