










# Our Tennis Programme

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Ladies Seniors</b> 09:30-11:00 jalpegram@gmail.com 	<b>Cardio Tennis Games</b> 09:30-10:30 Weekly m: £5.00 nm: £7.50	<b>Cardio Tennis</b> 09:00-10:00 Weekly m: £5.00 nm: £7.50	<b>Ladies Technical /Tactical</b> 10:00-11:30 Weekly m: £9.00 nm: £13.50	<b>Adult Mixed RollUp</b> 10:00-12:30 salhow@talktalk.net	<b>Tots Tennis</b> 09:00-09:30 7 Week Course m: £28.00 nm: £38.50	<b>Quarterly Cup</b> 10:00-12:30 To play contact Chris on chris@dearling.com the Thursday before to confirm attendance
<b>Adults Coaching</b> 10:00-11:30 Weekly m: £9.00 nm: £13.50	<b>Ladies Hitters</b> 12:00-13:30 Weekly m: £9.00 nm: £13.50	<b>Senior Monthly Competition</b> 10:00-11:30 chris@dearling.com 	<b>Adult Double Masterclass</b> 13:30-15:00 Weekly m: £9.00 nm: £13.50	<b>Ladies Seniors</b> 11:00-13:00 diana.huntingford@btinternet.com	<b>Mini Tennis Red Bugs</b> 09:30-10:30 7 Week Course m: £49.00 nm: £70.00	
<b>Mixed Seniors O55</b> 13:00-16:00 johnpnorse@gmail.com 	<b>Adults Club Play</b> 19:00-21:00 	<b>Adult Mixed RollUp</b> 12:30-14:30 salhow@talktalk.net 	<b>Xpress / Beginners</b> 18:00-19:00 7 Week Course m: £42.00 nm: £63.00	<b>Mens Seniors</b> 13:00-16:00 johnpnorse@gmail.com	<b>Mini Tennis Orange</b> 10:30-11:30 7 Week Course m: £49.00 nm: £70.00	
<b>Mini Tennis Red Bugs</b> 16:00-17:00 Weekly m: £7.00 nm: £10.00		<b>Mini Tennis Red Bugs</b> 16:00-17:00 7 Week Course m: £49.00 nm: £70.00	<b>Cardio Tennis</b> 19:00-20:00 Weekly m: £5.00 nm: £7.50	<b>Adults Club Play</b> 19:00-21:00	<b>Mini Tennis Green</b> 11:30-12:30 5 Week Course m: £49.00 nm: £70.00	
<b>Mini Tennis Orange /Green</b> 16:00-17:00 7 Week Course m: £49.00 nm: £70.00		<b>Invitation Only</b> 17:30-19:00 7 Week Course		<b>Badminton and Table Tennis Club Night</b> 19:00-21:30 dave.m.howell@talk21.com 	<b>Mixed Disability</b> 12:00-13:00 Weekly m: £3.00 nm: £5.00	
<b>Junior Tennis Futures</b> 17:00-18:00 7 Week Course m: £70.00 nm: £101.50		<b>Adult Intermediate</b> 19:00-20:30 Weekly m: £9.00 nm: £13.50				

**All Courses are Term time only**  
**2nd June - 20<sup>th</sup> July**  
**7 week term**

 Members only  Adult Sessions  Junior Sessions

\*Before attending any member only sessions you must contact the organiser

01473 251143  
 ipswichsportsclub.co.uk

 @ipswichsportsclub  @ipswichsports  ipswichsportsclub

# Adult Classes

## 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.

## 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 match play skills.

## Club Play

Club Play is a free session for members looking for a relaxed and social game of Tennis.

## 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.

## 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.

## 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.

# Junior Classes

## 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.

## Mini Tennis Orange/ Green

For children aged 8-10 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.

## 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.

## Mini Tennis Red Bugs

For children aged 5-8 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 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.

## Invitation

Players will be invited to attend this session by the coaches. Please contact us for more information



## How to book

All Programme bookings are to be made via the Perfect Gym booking system. To access this please scan the barcode below or via our website.

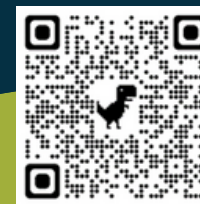
Groups will be subject to at least 4 players signing up. If a group is cancelled, every effort will be made to find another suitable option or a credit will be made to the players account.

Non-Members who are new to the club can attend the club programme sessions for a maximum of half a term after which time a membership is required to continue attending any session.

Booking is required before attending any class or course. If any classes or courses are not paid for before the session starts, we have the right to refuse access to the session.

All courses must be paid in full and are not available to be paid for weekly.

if you require any further information, then please do not hesitate to contact us on [tennis@ipswichsports.co.uk](mailto:tennis@ipswichsports.co.uk)



01473 251143

[ipswichsportsclub.co.uk](http://ipswichsportsclub.co.uk)

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