

TENNIS SOCIAL WEEKLY SCHEDULE

Take Part in Our Tennis Social Sessions - Book Your Slot Today!

Our tennis socials are open to both members and non-members, offering a fantastic opportunity to play, learn, and socialise. Members can book their spots through the online booking system or at the kiosk, while non-members can join our coach-led beginner sessions on Thursdays and Sundays by contacting reception on 0114 266 2153.

Exciting News for Members!

We're thrilled to offer new members **4 FREE social activity vouchers** to use at any of our weekly socials, including the popular coach-led sessions. It's our way of welcoming you to the community! Plus, if you're renewing your membership, you'll receive **2 FREE social activity vouchers** to keep the fun going.

The socials that are coach-led, are supervised sessions by a coach, this is to help integration of players in the social and support players new to the sport.

MONDAY	<p align="center">Monday Evening Social (7pm - 9pm)</p> <p>This session is for improver to intermediate players (graded B-D) and is a great way to meet and play with others at a similar level.</p> <p align="center">£3.00 per member</p>	
TUESDAY	<p align="center">Ladies Team Tennis (6pm - 7:30pm)</p> <p>For team players and or (graded E+), this session is a great way to meet and play with others at a similar level.</p> <p align="center">£3 per member.</p>	<p align="center">Ladies Team Social (7:30pm - 9pm)</p> <p>For players (graded B-D), this session is a great way to meet and play with others at a similar level.</p> <p align="center">£3 per member.</p>
WEDNESDAY	<p align="center">Men's Team Social (6pm - 7:30pm)</p> <p>For players (graded B-D), this session is a great way to meet and play with others at a similar level.</p> <p align="center">£3 per member.</p>	<p align="center">Men's Team Tennis (7:30pm - 9pm)</p> <p>For team players and or (graded E+), this session is a great way to meet and play with others at a similar level.</p> <p align="center">£3 per member.</p>
THURSDAY	<p align="center">Thursday Morning Social (10am - 12pm):</p> <p>A session for improver to intermediate players (graded B-D)</p> <p align="center">£3.00 per member</p>	<p align="center">Thursday Afternoon Coach-Led Beginner Session (2pm - 4pm):</p> <p>Designed for beginner players (A-C), this session includes an hour of coach led activities followed by a free play social. £7.50 for members, £10 for non-members, including a free drink at the bar.</p>
FRIDAY	<p align="center">Friday Junior Tennis and Pizza Social (6pm - 7pm):</p> <p>A fun session with a coach present from 6:00 PM to 7:00 PM. Parents can collect their children between 7:00 PM and 7:30 PM, with pizza available from 7:00 PM.</p> <p align="center">£7.50 per session. This session runs only during term time for consistency.</p>	<p align="center">Friday Night Club Night (7pm - 8pm):</p> <p>Designed for beginner players (A-C) coach led activities.</p> <p align="center">£7.50 for members, £10 for non-members, including a free drink at the bar.</p>
SUNDAY	<p align="center">Sunday Beginner Coach-Led Session (12pm - 2pm):</p> <p>Graded A-B (Beginner), this session includes an hour of coach led activities followed by an hour of free play.</p> <p align="center">£7.50 for members, £10 for non-members, including a free drink at the bar.</p>	

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SELF-ASSESSMENT GRADING GUIDE

GRADING	COMPETITION	GROUNDSTROKES	NET PLAY	SERVE & RETURN	MATCHPLAY	TECHNICAL	TACTICAL	SUGGESTED CLUB ACTIVITIES
A-B (Beginner)	Introduction to Competition	Can hold a very limited rally. Often hits forehands instead of backhands.	Becoming at ease at the net in practice but uncomfortable in a game situation.	Uses a push motion on the second serve (not a full motion) and can often double fault. Has an inconsistent return.	Not played or has limited competitive experience. Feels apprehensive about competition.	Beginning to develop technique but often hits flat and pushes the ball (not a full swing)	Player is extremely reactive and mainly focuses on 'getting the ball in.'	1-1 Coaching Grading Specific: Socials Tennis Group Coaching Internal Comps Club Champs (Handicapped Events)
C-D (Improver)	Low Club Team/ Box Leagues	Able to move the opponent around the court or hit harder when receiving easier balls.	Very consistent on forehand volley with easy balls, inconsistent on backhand volley.	Can vary the speed and direction of the first serve. Return is solid and can change direction.	Plays team tennis in lower divisions. If playing a Grade E-F the score would be 6-2 or 6-3.	Has the ability to use different spins, but doesn't always execute effectively.	Player is starting to become more tactically aware, especially on court position.	1-1 Coaching Team Practise Grading Specific: Social Tennis Group Coaching Internal Comps Club Champs
E-F (Intermediate)	Mid Club Team/ Box Leagues	Can use a variety of spins. Beginning to develop a dominant shot or good steadiness.	Can poach on weak returns of serve. Able to put away easy overheads.	Aggressive first serve with power and spin. On second serve frequently hits with placement.	Regularly plays matchplay to a club level. If they playing a grade C-D the score would be 6-2 or 6-3.	Repeatable shape on all shots, but may struggle to get in position to execute every time.	Good tactical understanding with own game, however may not be fully aware of opponent or game situation.	1-1 Coaching Team Practise Grading Specific: Social Tennis Group Coaching Internal Comps Club Champs
G-I (Advanced)	High Club Team/ Box Leagues	Groundstrokes are solid on both wings, with a dominant shot that can be used to hurt the opponent.	Competent with movement at the net, volleys/smashes controlled, can finish the point in various ways.	Both serves can be directed and have spin, returns put pressure on opponents.	Confident in matchplay and competes regularly.	Use topspin and slice on every shot, service spin, flat, top & slice has been developed to use in matches.	Is comfortable with all tactical intentions in both singles and doubles.	1-1 Coaching Team Practise Grading Specific: Group Coaching Internal Comps Club Champs

