

# TOPSPIN

## ADULT NEWSLETTER



### DATES FOR THE DIARY

**Women's night starts**

4th April

**Men's night starts**

6th April

**Scala league starts**

18th April

**Summer coaching starts**

19th April

**Scala Leagues ends**

30th May

Welcome to the Summer edition of the Topspin Newsletter. We hope you have an enjoyable Summer of tennis. We have put together a guide to what's happening coaching and competition wise from the coaching team of Ben and Brad. Look forward to seeing you on court soon.

### TENNIS XPRESS

A fun and social group coaching course which helps adult beginners to get into tennis. Tennis Xpress teaches the foundations of the game so that by the end of the six week course you will be able to enjoy fun matches with friends, family or other people that you meet.

**Day: Wednesday's 6pm and 7pm  
Friday's 10am**

**BOOK NOW**



### CARDIO TENNIS

Get fit the fun way. Bounce to the beat with motivational music. No tennis experience needed (although you may pick up some skills on the way)

All equipment is provided at no extra charge.

**Day: Tuesday**

**Time: 6pm**

**Session: Pay and Play members £7  
non members £8**



### How the coaching programme works

We have put together what we hope is a inclusive, sociable and enjoyable coaching programme for all abilities. Whether you are a newbie to the game who wants to learn the basics or a league and team player who wants to improve their game further we should have something for everyone.

### CLUB MEMBERSHIP

Make the most of the club, it's facilities and discounts on coaching by becoming a Brentwood member. There are different memberships to cater for everyone.

To find out more on how to join simply:

**CLICK HERE**



## WALKING TENNIS

Walking Tennis is for anyone that wants to play tennis, but at their own pace. No running or jumping and you can let the ball bounce twice. Less speed but just as much fun! Ideal for anybody looking to build their confidence, returning from injury, or would just like a bit more time getting to the ball.

**Day: Friday**

**Time: 11am**

**BOOK NOW**



## ABILITY TENNIS

Ability Tennis is a weekly session for adult players who have extra life challenges with their learning. The sessions get participants active, learning the game at the correct level for them and build self esteem and confidence through an inclusive, positive atmosphere.

Please feel free to call Ben if you want to talk about a participants needs and also whether you want to observe a session before starting.

**Day: Wednesday**

**Time: 11am and 2pm**

**BOOK NOW**



## PAIR AND PLAY

Pair & Play is a women's doubles tennis with double the fun. Think social tennis with serious fun!

RUSTY RACKETS is for players who haven't played in a while or who want to refresh their game.

**Day: Friday**

**Time: 10am**

**BOOK NOW**



## ADVANTAGE TRAINING

Advantage Tennis Training is a weekly session for men and women wanting to train with players to improve their matchplay level and compete in teams and competitions. The session works on a game based approach where players get to drill their shots then try them out in point play.

**Day: Thursday's and Friday's**

**Time: 6:30pm**

**BOOK NOW**



## VISUALLY IMPAIRED TENNIS



South Yorkshire Visually Impaired Tennis Club (SYVITC) has been formed to increase opportunities for blind and partially sighted people to participate in physical activity, plus to grow a social network

through tennis for those people who would otherwise be at risk of isolation.

Players use an audible ball and tactile lines to play the game. To find out more contact Janiece on **07795540514**

**Day: Tuesday's**

**Time: 1:30-3pm**

## SCALA LEAGUES

Want to meet new players, test your game and have fun playing singles or doubles? Download the scala sports app and search Brentwood LTC to enter the new adult singles and doubles leagues.

**Closing date to enter this round is 12th April.**



## GRAND SLAM TIMED TENNIS SERIES

The Grand Slam Timed Series comprises of 4 timed tennis events. You get to play lots of matches over a 2 hour period each matches last 20 mins. Playing different opponents is a good test for your game and loads of fun too. At the end of each event you are awarded points. The player that wins the most points from all 4 events wins the series.

**April 24th, May 29th, June 19th, July 17th**

