

ADULT TENNIS & SPORT CLASS PROGRAMME

Welcome to Exmouth Tennis & Fitness Centre's Tennis Class programme.



- Our tennis class programmes provide players of all standards with opportunities to enjoy their tennis, in a safe relaxed and friendly social environment.
- Our programme aims to provide players with opportunities to meet new people who you can arrange additional games of tennis, outside of the organised tennis programme.
- Tennis classes cover 2-3 player standards, therefore you may be playing with players of a slightly different playing standard to yourself.
- If you are looking for a more structured tennis programme our specialist coaching programme may be more suitable for you

Mix 'n' Match Tennis is suitable for players of all playing levels, where everyone will Mix 'n' Match playing in fun competitive games of tennis whether it be on a full size court, Touch Tennis (badminton size court) or Triples. Players are guaranteed a fun social time and when you are not on court playing you can enjoy a boardgame or cards in the lounge.

Cardio Tennis is an engaging group fitness programme featuring the heart pumping effects of tennis drills, games, and skills delivering the ultimate full body and calorie burning aerobic and anaerobic workout. Cardio Tennis is a very social activity for all ages, ability and fitness levels. The Cardio Balls equalize the playing field and enhance the workout. Check out the sweat marks 📍 for the intensity level, the more 📍 the harder the workout!

Triples is a fun team game, with 3 players on one side of the net at one time. A team can consist of between 3 – 5 players. Triples is a very social activity for players of all abilities and fitness levels. **Triples by numbers** players enter individually, **Triples League** players enter as a team.

Tennis Xpress A fun 'off the shelf' introduction to tennis using modified equipment so adult beginners can quickly learn the game of tennis, being able to serve, rally and score.

Walking Tennis Love the idea of tennis, thought you were too old or unfit or returning from an injury? Then try walking tennis, a slower simpler version of tennis played on a smaller tennis court, with smaller racquets, softer balls and with up to two bounces allowed. Suitable for players looking for a low impact activity.

Super Seniors Touch Tennis & Sports Morning Never say No!! A chance to have fun Touch Tennis, (smaller court, softer ball, smaller racket) Table Tennis, (weather permitting) other activities such as skittles & short mat bowls. Plus some down time in our lounge enjoying boardgames or cards.

Tennis Drills, train like the pros! Drills session provides players with the perfect opportunity to practice specific techniques and skills. .

Tactical Matchplay provides players with the perfect opportunity to practice specific game based situations under the watchful eye of our superb tennis coaches.

Club Evening and Match Night – Play the Game ! Players will be organised into competitive matches (either timed or a set number of games) during the evening in a friendly, fun competitive environment.

Walking Football, ideal for those players who wish to play a game of football, in a fun friendly and sociable environment without the physical demands of running!
This session does not have a coach and players organise themselves into mini games during the evening.

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MIX 'N' MATCH
levels

Fun Competitive tennis (Tennis, Touch Tennis, Triples) for all playing

FREE for TENNIS and UNLIMITED Memberships & NO tennis USAGE taken. £8.00 Non Members			
Mix 'n' Match	All playing levels	Sunday	1800-2000

WALKING TENNIS			
Tennis	Playing levels 6 & 5	Thursday	1500-1600

SUPER SENIORS TOUCH TENNIS & SPORTS MORNING			
Super Seniors Sports Morning		Friday	1130-1300

CARDIO TENNIS 🔥 indicate the level of physical intensity, the more 🔥 the harder the physical session!			
Cardio Tennis Drills & Games	🔥🔥	Monday	1000-1100
Cardio Tennis Drills & Games	🔥🔥	Tuesday	1800-1900
Cardio Tennis Drills & Games	🔥🔥🔥	Wednesday	1900-2000
Seniors Cardio Tennis Drills & Games	🔥🔥	Thursday	0900-1000
Cardio HIIT Tennis	🔥🔥🔥🔥	Thursday	1000 - 1130
Cardio HIIT Tennis	🔥🔥🔥🔥	Saturday	0800-0900

TENNIS XPRESS FOR NEW PLAYERS (LEVEL 6)			
Seniors Tennis Xpress		Monday	0900-1000
Tennis Xpress		Wednesday	0900 -1000
Tennis Xpress		Wednesday	1900 -2000

TENNIS DRILLS, TACTICAL MATCHPLAY AND MATCHPLAY SESSIONS FOR IMPROVERS (LEVEL 5 / 4 / 3 PLAYERS)			
Seniors Drills		Tuesday	0900-1000
Club Evening		Tuesday	2000-2130
Drills & Matchplay		Wednesday	1000-1130
Seniors Drills & Matchplay		Friday	1000 -1130

TENNIS DRILLS, TACTICAL MATCHPLAY AND MATCHPLAY SESSIONS FOR IMPROVERS + (LEVEL 4 / 3 / 2 PLAYERS)			
Tactical Matchplay		Tuesday	1000-1130

TENNIS DRILLS, TACTICAL MATCHPLAY AND MATCHPLAY SESSIONS FOR ADVANCED (LEVEL 3 / 2 / 1 PLAYERS)			
Tactical Matchplay		Monday	1100-1200
Tactical Matchplay		Tuesday	1130-1300
Drills & Matchplay		Wednesday	1130-1300
Tactical Matchplay		Thursday	1130 -1300
Club Evening		Thursday	2000-2130

MATCH NIGHT FOR DIVISION 1 CLUB LEAGUE, TOURNAMENT & COUNTY PLAYERS (LEVEL 1 PLUS)			
Match Night		Friday	1900-2100

WALKING FOOTBALL			
Walking Football		Thursday	1830-1930
Included in tennis & unlimited memberships or £4.00 (non members)			

BOOKINGS & COSTS

- All class can now be booked on the LED App (download it now), on-line (from 1st June) and on the phone or in person at the centre
- All class times include set up and takedown time.
- TENNIS & UNLIMITED Members can book 8 days in advance, A tennis usage or payment will be taken at the time of booking
- Non-Members can book 7 days in advance with payment.
- A minimum of 4 hrs notice is required to guarantee a refund and avoid any strikes (please refer to LED cancellation policy)

Costs and Usages for TENNIS classes	Tennis Members – one session will count as ONE tennis usage			
	Tennis Member		Unlimited / PTL Member	Non Member
	Usages	Extra session		
Cardio Tennis	1 usage	£3.00	£4.50	£6.00
Walking Tennis	1 usage	£3.00	£4.50	£6.00
Tennis Classes	1 usage	£4.00	£6.00	£8.00