

St Anne's Waterford Tennis Club - Club Tennis Programme

A Guide to our supervised tennis, clinics, drill sessions, fitness for tennis programme and competitions

Junior Members - Summer Programme 2017

Red Ball: Aimed at players with minimum or no tennis experience to practice basic tennis strokes on a smaller modified court using 25% compressed balls.

Orange Ball: Players will experience putting into practice the fundamental and basic skills on a smaller court with 50% compressed balls.

Green Ball: Play is on a full court using 75% compressed balls. The emphasis is on rallying and building consistency and well as serving and playing points.

Yellow Ball: Play on full court 100% compressed balls. The emphasis is on rallying and building consistency as well as rallying and building consistency.

Teenage Social Tennis and Pizza: A fun weekly social doubles/mixed competition.

Green Ball High Performance: A training group for high level green ball players who are beginning tournament play.

Yellow Ball High Performance: A training group for young players who play tournaments and are intent on reaching a high level of competitive tennis.

Warriors Physical FUNDamentals. A 6 week programme to help junior players improve their on-court speed and agility.

Senior Members - Summer Programme 2017

Stroke of the Week Group Lesson: A weekly clinic demonstrating and practicing a different stroke each week. All levels welcome.

Senior Drill and Point Play - Beginner: A practice clinic for those looking to develop and improve basic skills in a fun environment.

Senior Drill and Point Play – Intermediary and Advanced: A practice clinic for players to improve their skills and technique in a controlled environment.

Social Doubles – Beginner: A fun weekly social doubles/mixed competition.

Social Doubles – Intermediary and Advanced: A fun weekly doubles/mixed competition.

Cardio Tennis: The Patrick McGrath 'workout class meet tennis'.

Pilates for Tennis: Charlotte Hill's 4 week Pilates programme adapted to the physical needs of tennis.

| Important Information: | Costs: |
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| For Junior Supervised Tennis, registration is not required. | Warriors Physical FUNDamentals is €30 for 6 week programme |
| For Tournament Junior Drill Sessions players must pre-register for each session | Senior Drill Sessions and Stroke of the Week are €5 pp per session |
| Junior Physical FUNDamentals requires full programme commitment of 6 weeks | Cardio Tennis is €8 pp per session |
| Senior Pilates requires full programme commitment of 4 sessions | Pilates €40 pp for 4 week programme |
| For all Junior and Senior competitions registration is helpful but optional. | All Competitions are free of charge |
| Cardio: limited to 8 players. Each session operates on first come first serve basis. | |

All sessions and programmes operate on a first come first serve basis.