



## Get set for the new season at Pangbourne Tennis Club

It's time to get back on court! There's been much more winter tennis this year under the fabulous new lights. The rain, floods and bitterly cold weather have not been able to dampen the enthusiasm amongst our hardy players. But the club is getting ready to maximise the warmer weather and lighter evenings of spring and summer.

We are keen to make sure that anyone who would like to play tennis, at any level, can take part in club activities. We are a friendly club and you will get a warm welcome, whether you fancy giving tennis a go for the first time or haven't played for a while and would like to get back on court. Maybe you are a recreational player or perhaps would like to play competitive tennis in league matches; our activities cover the whole range and we want to encourage as many people as possible – of all ages, shapes, sizes and fitness levels – to enjoy the wonderful facilities we have at the club.

The club is located between the river and the railway on the Recreation Ground, and we share the club house with Pangbourne Bowls Club.

Benefits of membership include free access to the club courts, discounted rates for drills and training sessions, fun tournaments, a range of team matches and free membership of the Lawn Tennis Association, which gives you access to the ballot for Wimbledon tickets.

The annual subscription for adults is £65. Junior membership is £25. We also offer a family membership for £135, which covers up to two adults and all the children in the family. Join or renew online at [www.pangbournetennis.org](http://www.pangbournetennis.org) or email [info@pangbournetennis.org](mailto:info@pangbournetennis.org) for more information.

### New to tennis? There's a course for you!

The popular **Start to Play** programme for adult and older teenage beginners is starting again on 7th April. Running on Sunday mornings at 10:00 – 11:00, this programme is designed for players who are completely new to tennis and want to learn the basics. Run by our club coach Damian Lane who is very experienced in developing players of all standards, this will get you started in a supportive environment. The programme is also suitable for older teenagers who haven't played tennis before. The sessions are limited to six participants, so book early! Go to [www.pangbournetennis.org](http://www.pangbournetennis.org) or scan the QR code.

### Coaching and drills for adults

From April, there are even more sessions on Tuesday evenings and Sunday mornings. We welcome adults and strong junior players at these sessions.

**Tuesday evening** sessions will run throughout the spring and summer from **2<sup>nd</sup> April to 20<sup>th</sup> August**.

There are four sessions to choose from, depending on your experience and skill level.

- **Club coaching** at 5pm-6pm for intermediate players who want to work on skills and match play.

- **Back to Tennis at 6pm – 7pm** for improvers and players who haven't played for a long time but have the basics of the game. If the last time you played tennis was at school, this is the session for you!
- **High Energy Drills at 7pm – 8pm and 8pm – 9pm** for intermediate and advanced players who want a good workout on court. These sessions are limited to eight players.

**Sunday morning** sessions are running from **7<sup>th</sup> April to 1<sup>st</sup> September**.

- **Start to Play** runs at 10:00 – 11:00 for adult and older teenage beginners. The first course runs for 8 weeks from 7<sup>th</sup> April to 26<sup>th</sup> May.
- **Skills and Drills** at 11:00- 12:30 is ideal for stronger players looking to have a good workout on court and practice their match play in a longer session.

Check the website for all the information and instant booking online. Remember places are limited and advanced booking is essential. Go to [www.pangbournetennis.org](http://www.pangbournetennis.org) or scan the QR code.

### **Junior coaching is back on Fridays.**

Get ready for junior coaching on Friday afternoons which is starting with taster sessions in March before the 12-week programme gets underway on 19<sup>th</sup> April.

**Taster sessions** for the level 4 (stronger players) start on 8<sup>th</sup> March, with this session at 5pm. On the 15<sup>th</sup> and 22<sup>nd</sup> March there will be sessions for all levels from 4-year-olds upwards, starting at 16:45 for the youngest group. These sessions cost £5 and are open to both members and non-members.

Then there's the 12-week programme over 13 weeks (no session in half-term week), running from 19<sup>th</sup> April to 12<sup>th</sup> July. Participants grouped by age and ability with the younger children playing at 16:30. The last session of the day at 18:45 to 19:45 will be for older teenagers who have had coaching in the past and would like to continue to develop their skills.

Go to the website for details of the fees for junior membership and coaching and to book the places for your children as soon as possible so that you don't miss out – junior coaching is very popular!

Parents who would like to play tennis whilst their children take part in the coaching are invited to use the adjacent courts where club members will be on hand to knock around and provide some guidance. All abilities welcome!

### **Innovations on court**

The club is looking at a range of different racquet sport formats as possible additions to the activities on offer. For example, Walking Tennis is becoming increasingly popular for people who love tennis but are looking for a gentler pace of play. You can play tennis at any age and Walking Tennis offers an easy way for older people to keep their body and mind active – while also enjoying the social side of being part of a tennis community. Then pickleball is fast becoming one of the most popular racquet sports in the world. It brings together some of the best elements of tennis, badminton and table tennis, into a fun and exciting game for people of all ages and abilities. Look out for taster sessions after Easter and do drop the club a line at [info@pangbournetennis.org](mailto:info@pangbournetennis.org) if you would be interested in trying either or both of these different ways of being active on court.

### **Social and competitive tennis**

We are keen to encourage members to get as much time on court as possible, be that for purely social play, competitive matches or being part of the teams which play in the Newbury and District LTA league.

- From 6<sup>th</sup> April, Saturday **social doubles** moves to the summer times of 15:00 – 16:30 and Friday evening sessions will start on 5<sup>th</sup> May, running at 19:30 – 21:00. Both adults and older juniors are very welcome to play at social sessions.
- The **Club Championship** will be held again and run across the season.
- The **team squads** – men’s, ladies and mixed – are going from strength to strength and we enter two teams in each category. The season starts in May and training sessions run in March and April to prepare. Training sessions and matches are on Mondays for mixed and Wednesdays and Thursdays for the ladies and men’s teams. Please do get in touch if you are interested in playing for any of the teams.

And finally – the first fun, American Doubles Tournament of the season will be held on the afternoon of Sunday 7<sup>th</sup> April. Everyone who can serve and sustain a rally is welcome to enter. You don’t need a partner - you will be playing with and against lots of other players. There will be prizes for the players who amass the highest number of games!

All the information about the club can be found at [pangbournetennis.org](http://pangbournetennis.org) – or scan this QR code.



*Looking forward to seeing you on the courts*

*Pangbourne Tennis Club Committee*