

# Memberships

Although you do not need to be a member to play tennis at the Portsmouth Tennis Centre, there are a few different Membership Packages that can make your tennis cheaper and even more enjoyable.

## Tennis Membership

**£12.00 per month\***

- **FREE** outdoor courts
- **FREE** Adult Social Night
- 15% off Indoor Courts (core prices)
- Booking privileges (8 days in advance)
- 25% off Cardio Tennis
- 25% off Pay & Play coaching sessions
- **FREE** British Tennis Membership
- Entry into the Wimbledon Ballot



## Junior Coaching Membership

**£25.00 per month\***

This membership includes all TENNIS MEMBERSHIP benefits plus a one hour junior group coaching session every week for 50 weeks of the year. These courses include a badge and certificate scheme during different parts of the year as well as competition practice.



## Adult Coaching Membership

**£27.00 per month\***

This membership includes all TENNIS MEMBERSHIP benefits plus a one hour adult group coaching session every week for 50 weeks of the year.



# Information Guide



### Portsmouth Tennis Centre

Alex Way, Portsmouth, PO2 9AD

T: 02392 660589 - E: portsmouthtennis@parkwood-communityleisure.co.uk

 Portsmouth Tennis Centre

\*Terms and conditions apply

Supported by



# Junior Tennis Programme

# Junior Tennis Programme

## Tots Tennis (Walking to 4 years)

Enabling children to learn the basics and how to enjoy the game through a series of fun activities, based on the fundamental areas of balance, co-ordination, agility, movement and racket and ball skills. Sponge balls, mini rackets and nets are used.

## Tumble Tennis (Walking to 4 years)

Our brand new exciting mix of Tennis and gymnastics. Children will learn core skills of both tennis and gymnastics with fully qualified coaches in the safe, warm and fun environment of the gymnastics centre.

## Mini Tennis Red (8 & Under)

Played on small courts with short rackets and soft balls. It's just like the real game and gives players opportunities to have long rallies and play different types of shots while learning basic technique.

## Mini Tennis Orange (9 & Under)

This is the next stage of Mini Tennis. Played on  $\frac{3}{4}$  sized court with low compression balls and shorter rackets, allowing players to develop their techniques and tactics in a fun environment.

## Mini Tennis Green (10 & Under)

The final stage of Mini Tennis. Played on a full sized court with low compression tennis ball. Players continue to develop their techniques and tactics in a fun environment.

## Teen Cardio Tennis (11-16 years)

Bounce to the beat with this fun and energetic fitness class for teens. The session involves music and is open to all abilities.

## Teen Tennis (11-16 years)

Played on a full sized court, with full sized rackets and full compression yellow balls. In these sessions players will focus on developing key techniques and tactics whilst becoming a well rounded player.

## Family Tennis

A chance for families to get together and have some unstructured tennis fun! Whether you want to bring your tots along to do some ball skills or bring your teens over for a parent and child doubles battle, there's an hour of active fun waiting for you! Family Tennis is played on a mini court with all equipment provided.

## Birthday Parties

Birthday parties available, please contact the centre for more information.



## Tots Tennis

### Courses or Pay & Play

Thursday 2-2.45pm (3-4 years)  
Friday 9.30-10.15am (3-4 years)  
Friday 10.15-11am (Walking to 3 years)  
Saturday 9-9.45am (3-4 years)

## Tumble Tennis

### Courses

Wednesday 9.30-10.15am (Walking to 3 years)  
Wednesday 10.15-11am (3-4 years)

## Red Tennis (5-8 years)

### Junior Membership or Pay & Play

Monday to Friday 4-5pm  
Wednesday 5-6pm  
Saturday 9-10am

## Orange Tennis (8-9 years)

### Junior Membership or Pay & Play

Mon, Wed, Thu or Fri 5-6pm  
Saturday 11am-12pm

## Green Tennis (9-10 years)

### Junior Membership or Pay & Play

Mon, Wed, Thu or Fri 5-6pm  
Saturday 11am-12pm

## Teen Tennis (11-16 years)

### Junior Membership or Pay & Play

Tuesday 5-6pm  
Thursday 4-5pm  
Friday 6-7pm  
Saturday 10-11am

**Competitions**  
The centre hosts a range of competitions and tournaments for all ages and abilities.



Due to the continued growth of the programme there will be new sessions added regularly.

# Adult Tennis Programme



## Courses

### Tennis Xpress

A six week course for beginners to learn to play the easy way. This course is a great introduction to tennis allowing you to learn the basics in a fun and social environment. Low compression balls are used to allow players to play and compete from the first session.



## Pay & Play

### 50+ Coaching

A coaching session designed for players over 50 years to learn and improve in a fun and sociable environment.

### Social Tennis

Social mix-in sessions open to players from intermediate through to advanced level. A great way to meet new people and a chance to play singles and doubles against players with different game styles.

### Cardio Tennis

A session based around playing tennis to music. The aim is to keep your heart rate up through hitting tennis balls and having fun! Open to all abilities, this is a great way for beginners to get into the sport without the pressure of having perfect technique and a great way for advanced players to get fitter!



### Improvers or Ladies Morning

Our improvers coaching sessions are perfect for existing players to brush up on the basics or a great follow on from Tennis Xpress. A great way to learn the game in a social environment.

### Intermediates

Our intermediates groups are designed for players who have played a fair amount of tennis. Players should be able to rally and play a friendly game of singles or doubles. A great chance for you to take your game to the next level.

### Advanced

Our advanced sessions are for competitive tennis players who are experienced in tournaments and team matches. These sessions allow you to work on the tactical element of your game and any fine tweaks needed to get the most out of your strokes.



An exciting new sport with shorter rackets and smaller courts. The game is perfect for a good workout or to battle against your friends. The centre runs mix in sessions and World Ranked competitions. To find out more visit [www.touchtennis.com](http://www.touchtennis.com)

### Tennis Xpress

#### 6 week courses

Wednesday 6-7.30pm

### Improvers Tennis

#### Adult Membership

Monday 7-8pm

Thursday 7-8pm

### Intermediates Tennis

#### Adult Membership

Mon, Wed & Thu 6-7pm

Friday 7-8pm

### Advanced Tennis

#### Adult Membership

Wednesday 6-7pm

### Ladies Morning

#### Adult Membership

Monday 9.30-11am

### Cardio Tennis

#### Pay & Play

Tuesday 6-7pm,

Wednesday 7-8pm,

Saturday 10-11am

Friday (Ladies Only) 11am-12pm

### 50+ Coaching

#### Pay & Play

Tuesday 10-11am

### Social Tennis & Touchtennis

#### Pay & Play or Adult Membership

Friday 8-10pm





# Booking a Court

The Portsmouth Tennis Centre has 4 new indoor tennis courts with state of the art LED lighting, along with 6 floodlit outdoor courts open for all to book.

## Indoor Tennis Court Bookings (per hour)

Peak - £16.00  
Off Peak - £12.00  
Student - £9.75  
Junior - £8.60

## Outdoor Tennis Court Bookings (per hour)

Court - £6.00  
Floodlights - £4.00

## Opening Hours

Monday – Friday: 9:00am – 10:00pm  
Weekends: 9:00am – 6:00pm  
Bank Holidays: 9:00am-5:00pm

## Peak Time

Weekdays - after 5:00pm  
Weekends - before 5:00pm

Visit [www.leisurecentre.com/portsmouth-tennis-centre](http://www.leisurecentre.com/portsmouth-tennis-centre) to book your court or call the centre on 02392 660589



# Inclusive Tennis

The Portsmouth Tennis Centre's Coaching Team are all fully qualified, licensed and trained in coaching a wide range of players, including Disability Tennis. Due to the centre's success in providing opportunities for disabled players, the centre is now the HUB of Disability Tennis in Portsmouth. The programme provides scheduled weekly sessions as well as the opportunity for players to play as casual users. We have plenty of equipment which has been adapted for different needs, including sports wheelchairs and sound balls etc.

If you would like any information on how to get involved please get in touch.

## Visually Impaired Tennis

Structured coaching sessions for players with different levels of sight. Sound balls are used to give players the opportunity to learn how to play and compete in a fun environment.

## Junior VI Tennis (5-15 years)

Saturday 1-2pm - £4.00 per session

## Adult VI Tennis (16 years +)

Saturday 2-3pm - £4.00 per session

## DSACTIVE Tennis

Structured Coaching sessions for players with Downs Syndrome. The sessions are designed to give players a fun introduction to tennis giving them the opportunity to improve their skills and even to compete. Adapted rackets and balls are provided.

Saturday 11am-12pm

- £4.00 per session



**FAMILY MEMBERSHIP ONLY**  
**£39 PER YEAR**



**TENNIS UNLIMITED**

This one-off payment allows you and your family to play **unlimited outdoor tennis** for a whole year.

Conditions apply

Contact reception or call **02392 660589** for details