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MARTYN WARD  
MARTYN BULLINGHAM  
TOM BELTON • CARL DOUGLAS



**TRY CARDIO TENNIS - HEART PUMPING FITNESS ON  
A TENNIS COURT!**

Contact Sam Scowen for further details or book your session at Club Reception

## CLUB PROGRAMME

At Ipswich Sports Club, we offer a wide range of opportunities to develop your game through our experienced coaching team and we have a programme that caters for all standards for both Adults and Juniors. There are many playing opportunities available to members including **Club Morning/Afternoon/Nights**, inter-club doubles **matches** and internal singles **Box Leagues**.

For further information on our programmes, leagues or for general enquiries regarding Tennis at the Club, please contact our Reception on the main Club telephone number **01473 251143** or email **tennis@ipswichsports.co.uk**.

## SENIORS TENNIS

We have a very active Men's and Ladies Seniors Section catering for players from over 45 years. In addition to taking part in various Club sessions, there are regular Seniors playing sessions on the Indoor Courts on Mondays and Fridays. For further information, please see the Adult Programme details or contact **Keith Palmer on 01394 384414**.



All Tennis coaches are DBS checked, licensed/registered and First Aid qualified.



TENNIS  
COACHING PROGRAMMES

All sessions shown in green are based on age and standard for Juniors and Adults.

**MEMBERS & NON-MEMBERS** -

bookings and payments for all sessions shown in green must be made either at Club Reception or via ClubSpark online at [www.clubspark.lta.org.uk/IpswichSportsClub/Coaching](http://www.clubspark.lta.org.uk/IpswichSportsClub/Coaching) (NM T&C's apply).

**PERFORMANCE TENNIS PROGRAMME**

The Ipswich Sports Club Tennis Academy offers selected Junior players a full programme of squad training, individual sessions, fitness sessions, goal setting and competition programmes, all at a very competitive cost. If you require any information or further details on this programme, please contact **Chris Daynes** directly. **Junior Academy sessions** (shown in blue) are by invitation only.

**PLEASE NOTE:**

The Coaching Programme runs during term-time only, except for Club Night\*, Club Afternoon\*, Club Morning\*, Seniors Sessions\*\* and some other Adult Group sessions which run throughout the year (check with the coach).

\*\*Minimum playing standard required for Men's & Ladies Seniors Sessions.

Costs are shown for Club Members (M) and Non-Members (NM), (NM T&C's apply). All payments are to be made before the first session for courses. Please contact the Tennis Manager directly for further details or email [tennis@ipswichsports.co.uk](mailto:tennis@ipswichsports.co.uk).

**JUNIOR TENNIS PROGRAMME**

<b>Mondays</b>	4.00pm-5.00pm	Mini Red/Mini Club (3-8yrs)	Aaron/Beth Ryan	£6.00M/£9.00NM (per session)	
	4.00pm-5.00pm	Mini Orange (8-9yrs)	Josh/Nino	£30.00M/£45.00NM (5wks)	
	4.00pm-5.30pm	Mini Red Academy (6-8yrs) <b>*BY INVITATION*</b>	Richard	11wks by Invoice	
	4.00pm-5.30pm	Hard Ball Academy (10-12yrs)	Marc	11wks by Invoice	
	4.00pm-5.30pm	Hard Ball Academy (10-12yrs)	Marc	11wks by Invoice	
	5.00pm-6.30pm	Futures Hard Ball (11yrs+)	Sam	£45.00M/£67.50NM (5wks)	
	5.30pm-7.00pm	Hard Ball Academy (11-13yrs)	Richard	11wks by Invoice	
	5.30pm-7.00pm	Hard Ball Academy (13-18yrs)	Marc	11wks by Invoice	
	6.30pm-8.00pm	Hard Ball Academy (12-14yrs)	tbc	11wks by Invoice	
	<b>Tuesdays</b>	4.00pm-5.30pm	Mini Green Academy (9-10yrs)	Chris	11wks by Invoice
4.00pm-5.30pm		Hard Ball Academy (10-12yrs)	Marc	11wks by Invoice	
5.30pm-7.00pm		Mini Orange Academy (8-9yrs)	Josh	11wks by Invoice	
5.30pm-7.00pm		Hard Ball Academy (12-14yrs)	Chris	11wks by Invoice	
5.30pm-7.00pm		Hard Ball Academy (12-14yrs)	Marc	11wks by Invoice	
5.30pm-7.00pm		Hard Ball Academy (12-14yrs)	Ryan	11wks by Invoice	
5.30pm-7.00pm		Hard Ball Academy (13-18yrs)	Lee	11wks by Invoice	
5.30pm-7.00pm		Mini Green/Hard Ball (10yrs+)	Sam	£45.00M/£67.50NM (5wks)	
<b>Wednesdays</b>	12.00pm-2.00pm	Visually Impaired (VI) Tennis	tbc	£5.00M&NM (per session)	
	4.00pm-5.00pm	Mini Red/Mini Club (5-8yrs)	Aaron	£30.00M/£45.00NM (5wks)	
	4.00pm-5.30pm	Mini Red Academy (6-8yrs) <b>*BY INVITATION*</b>	Josh/Nino	11wks by Invoice	
	4.00pm-5.30pm	Mini Orange Academy (8-9yrs)	Ryan	11wks by Invoice	
	4.00pm-5.30pm	Mini Green Academy (9-10yrs)	Chris/Lee	11wks by Invoice	
	5.30pm-7.00pm	Hard Ball Academy (10-12yrs)	Marc	11wks by Invoice	
	5.30pm-7.00pm	Hard Ball Academy (11-14yrs)	Lee/Ryan	11wks by Invoice	
	<b>Thursdays</b>	4.00pm-5.30pm	Hard Ball Academy (10-12yrs)	Marc	11wks by Invoice
4.00pm-5.30pm		Hard Ball Academy (10-12yrs)	Lee	11wks by Invoice	
5.00pm-6.30pm		Mini Red Academy (6-8yrs) <b>*BY INVITATION*</b>	Josh/Nino	11wks by Invoice	
5.00pm-6.30pm		Futures Mini Orange (8-9yrs) <b>*BY INVITATION*</b>	Ryan	£56.25M (5wks)	
5.00pm-6.30pm		Mini Orange Academy (8-9yrs)	Sam	11wks by Invoice	
5.30pm-7.00pm		Hard Ball Academy (12-14yrs)	Lee	11wks by Invoice	
5.30pm-7.00pm		Hard Ball Academy (12-14yrs)	Marc	11wks by Invoice	
5.30pm-7.00pm		Hard Ball Academy (12-14yrs)	Chris	11wks by Invoice	
<b>Fridays</b>		4.00pm-5.30pm	Mini Red Academy (6-8yrs) <b>*BY INVITATION*</b>	Josh/Nino	11wks by Invoice
		4.00pm-5.30pm	Mini Orange Academy (8-9yrs)	Marc	11wks by Invoice
	4.00pm-5.30pm	Hard Ball Academy (12-14yrs)	Lee	11wks by Invoice	
	5.00pm-6.00pm	Mini Red (5-8yrs)	Martyn	£30.00M/£45.00NM (5wks)	
	5.30pm-7.00pm	Mini Green Academy (9-10yrs)	Josh	11wks by Invoice	
	5.30pm-7.00pm	Hard Ball Academy (13-18yrs)	Richard	11wks by Invoice	
<b>Saturdays</b>	8.30am-9.30am	Mini Spartans (every Saturday)	Nino/Aaron	£6.50M (pay the coach)	
	9.00am-9.30am	Tiny Tots (under 5)	Ryan	£17.50 M&NM (5wks)	
	9.30am-10.30am	Mini Red (5-8yrs)	Ryan	£30.00M/£45.00NM (5wks)	
	10.30am-11.30am	Mini Orange (8-9yrs)	Ryan	£30.00M/£45.00NM (5wks)	
	11.30am-12.30pm	Mini Green/Hard Ball (9-10yrs/11yrs+)	Ryan/Sam	£30.00M/£45.00NM (5wks)	
<b>Sundays</b>	2.00pm-4.00pm	Wheelchair Tennis (contact organiser)	Steve Joint	£5.00M&NM (per session)	

**ADULT TENNIS PROGRAMME**

<b>Mondays</b>	9.30am-11.00am	Ladies Seniors Session**	Julie Stockdale	contact organiser
	1.00pm-3.00pm	Men's Seniors Session (Over 55) (indoors)**	Neville Reeder	contact organiser
<b>Tuesdays</b>	7.00pm-9.00pm	Club Night (indoors in winter)*		FREE
<b>Wednesdays</b>	9.00am-10.00am	Cardio Tennis	Ryan	£3.00M/£5.00NM (per session)
	11.00am-11.30am	Ladies Learn to Play	Ryan	£30.00M/£45.00NM (5wks)
	12.00pm-2.00pm	Visually Impaired (VI) Tennis	tbc	£5.00 M&NM (per session)
<b>Thursdays</b>	10.00am-11.30am	Ladies Technical/Tactical Session	Ryan/Sam	£45.00M/£67.50NM (5wks)
	6.30pm-7.30pm	Cardio Tennis	Ryan	£3.00M/£5.00NM (per session)
<b>Fridays</b>	8.30am-9.30am	Cardio Tennis	Sam	£3.00M/£5.00NM (per session)
	9.30am-11.30am	Ladies Morning 'Roll Up' (outdoors)	Janice Bush	contact organiser
	11.00am-1.00pm	Ladies Seniors Session**	Diana Huntingford	contact organiser
	1.00pm-2.30pm	Men's Seniors Session (Over 45) (indoors)**	Keith Flewitt	contact organiser
	2.30pm-4.00pm	Men's Seniors Session (Over 45) (indoors)**	Keith Flewitt	contact organiser
<b>Saturdays</b>	2.00pm-5.00pm	Club Afternoon (indoors in winter)*		FREE
<b>Sundays</b>	10.00am-12.30pm	Club Morning (indoors in winter)*		FREE
	2.00pm-4.00pm	Wheelchair Tennis (contact organiser)	Steve Joint	£5.00M&NM (per session)