

## MEMBERSHIP – TENNIS, PADEL & GYM

	Annual	Monthly
Single	£325	£32.50
Partners	£550	£55.00
Family	£620	£62.00
Under 11 (Tennis Only)	£76	N/A
Under 21 (Tennis Only)	£92	N/A

## MEMBERSHIP – GYM & PADEL

	Annual	Monthly
Single	£280	£28.00
Partners	£475	£47.50

## MEMBERSHIP – PADEL ONLY

	Annual	Monthly
Single	£210	£21.00
Partners	£350	£35.00
Family	£420	£42.00

## COURT PRICES

	Member	Non Member
Outdoor Tennis	£0	£10
Indoor Tennis	£14	£36
Junior – Indoor Tennis	£8	£16
Junior – Outdoor Tennis	£0	£6
Outdoor Floodlights	£6	£6
Padel Courts	£16	£32

# Get In Touch

### Phone

01765 606066

### E-mail

[info@ripon-tennis.co.uk](mailto:info@ripon-tennis.co.uk)

### Address

Park Lane, Palace rd, Ripon, HG43HJ

### Website

[www.ripontenniscentre.co.uk](http://www.ripontenniscentre.co.uk)

## RIPON TENNIS CENTRE

TENNIS | PADEL | GYM

2 Indoor Courts – 6 Outdoor Courts  
2 Padel Courts – Gym – Cafe & Bar Area



# ADULT TENNIS

**Club Sessions (Members only):** Friday 7.00 – 10.00pm, Wednesday, 1.30 – 3.00pm, Sunday 6.00 – 9.00pm

This session gives members a chance to come down and play other members on a rotation basis. This gives you the ideal opportunity to meet new people and have some fun! Tennis is followed by drinks in the bar area. Club sessions run all year round.

## Team Tennis: Summer Evenings

We currently have a number of teams in the Harrogate and District mixed tennis league. Matches take place either home or away, weeknights from 6.30 pm. The teams involve players of all abilities; all are welcome to come along and join a team practice. Team Tennis is for members only.

## Coaching Morning Groups: Weekly,

The coaching morning groups are supervised doubles play with players of a similar standard. These sessions are specifically aimed at improving doubles match play with the emphasis on tactics, strategy and teamwork with limited technical coaching input. These groups run on a termly basis, please see a member of staff for more details.

## Individual Lessons: 7 days a week

Individual lessons are recommended for all starter players and for established players who are looking to maximise their potential. Lessons can be booked for 1 hour, 45 min's or 30 min's. To book a private lesson please call Christopher Stanford on 07478 490921 or Olivier Joussemet on 07803 988102.

## Breakfast Tennis:

An early morning session covering technical and tactical areas of the game. Ideal for improvers plus.

## Adult Tennis Groups: Various (Please see staff for times)

Our adult coaching groups are divided into Beginner and Intermediate classes. So whether you have never played tennis before or you are looking to develop your game, we will have a group that is suitable for you.

## Social Events

Along-side the regular scheduled groups we hold many successful social events such as Fred Perry Wooden Racket Tournament, Parent and Child Tournament, Wimbledon Ticket Draw, Family Fun Days, Summer BBQ's.

## Winter League

Compete against other Ripon Tennis Centre members in our annual winter league. Join individually or with a partner.

## Block booking

Guarantee yourself a regular indoor court booking during the winter months by applying for a block booking. Please see staff for further details.

\* Please note: dates and times for the above sessions may vary. Some of the groups are based on ability, please speak to a member of staff for more information.

# JUNIOR TENNIS

We offer various junior coaching groups for ages 5 and upwards. Groups take place on a weekend or on an evening after school. To discuss which group is appropriate for your child please contact us on 01765 606066.

The Junior programme provides coaching for approximately 240 players each week, with the centre having achieved both mini tennis accreditation and Performance status from the LTA; this being an acknowledgement of the high standards of coaching at the centre.

Players move through the LTA mini tennis structure which gradually takes players through a colour coded system that increases the court size and rackets as the players get bigger and more adept at the game. Once children are at a certain level they move onto the 'full game of tennis' playing on a full size court and with standard tennis balls.

**Mini Tennis Red:** Play on small courts with short rackets and sponge balls. Its just like tennis and loads of fun!

**Mini Tennis Orange:** Improving skills on a bigger court with a low compression ball, this continues to allow children to experience the real game with great success.

**Mini Tennis Green:** For those who are bigger and stronger and ready for a faster ball on a full size court.

## Junior Tennis (Age 10 – 18)

We have in place various groups for those who are ready to play the full game. Beginner groups provide newcomers the chance to enter the coaching programme whilst more advanced groups allow the mini tennis players to graduate to the next level.

The various junior groups from Red through to Full Tennis take place every weekday evening and at the weekend.

## Competition

Ripon has its own mini tennis and full tennis teams giving the youngsters a chance to test their newly acquired skills against other children from local clubs. At a higher level we host a number of matchplay events designed specifically for LTA rated juniors.



# GYM

## FREE GYM CLASSES (Free for all members)

### Monday's Circuits

Mondays, 6.30 – 7.30pm

The circuits are set out in 12 different exercise stations consisting of full body toning exercises, stretching and some C.V work. The classes will be run outdoors in good weather conditions or indoors in bad.

### Personal Workout

Wednesdays, 10.30 – 11.30am

This is a supervised gym workout session where Jo will be on hand to give advice on weight loss, fitness training, strength and toning or injury rehabilitation. Meet Jo in the Gym studio each Wednesday and she will discuss and review your Gym Programme before you start your workout.

### HiIT Training

Fridays, 10.30 – 11.30am

(HIGH INTENSITY INTERVAL TRAINING)

This is a fun aerobic workout class where you will exercise to music. The class will be high energy and a fun way to tone and get fit!

To organise a gym induction or to book personal training, please contact Jo Hope on 07968 710748.

# PADEL

## Padel Club Sessions

Tuesdays 1.00pm – 3.00pm

Saturdays 4.00pm – 6.00pm

Private and group coaching Sessions are available. Please contact Christopher Stanford on 07478 490921 or Olivier Joussemet on 07803 988102.

Padel is a mix between Tennis and Squash. It's usually played in doubles on an enclosed court surrounded by walls of glass and metallic mesh. The court is one third of the size of a tennis court.

Padel is a sport which combines action with fun and social interaction. It's a great sport for players of all ages and skills, as it is both quick and easy to pick up. Most players get the basics within the first half an hour of playing so that they can enjoy the game.

Padel is not as dominated by strength, technique and serve as it happens in Tennis and therefore is an ideal game for men, women and youth to compete together. An important skill is match-craft, as points are won rather by strategy than by sheer strength and power.