



Happy New Year!!



January 2012

| **New Activities in January & February: Cardio Tennis; Touch Tennis; Tennis Xpress; Parent & Tots** |
| **February Half Term Children's Holiday Activities | Upcoming Tournaments & Major Events** |
| **INDOOR COURT RESURFACING (APRIL 2012)** |

[New Activities starting in January & February](#)



Cardio Tennis is a coach-led session of tennis-based drills and activities played to up-tempo music on a tennis court. It does not require tennis skills and it's irrelevant whether the ball goes in or out. It's all about keeping your heart rate up, burning calories and having fun – the main purpose is to get fit and it's more fun than working out in a gym or other forms of exercise!

Cardio Tennis sessions run for an hour including warm-up, cardio work out, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, why not try it? There are drills for absolute beginners through to advanced players, all of which provide you with a great cardio work out while improving skill.

There's a FREE TASTER SESSION running on Sunday 22nd January 7pm – 8pm, but there are a limited number of spaces available so please book early to avoid disappointment. Weekly sessions will then start on Sunday 29th January costing £5.00 for Advantage customers (£6.00 otherwise) and can be booked up to 2 weeks in advance.

For more information go to: www.nwrtc.co.uk/cardiotennis.html or www.lta.org.uk/cardiotennis



Touch tennis follows the same basic rules as mini tennis red, using small rackets and sponge balls. The game is a real leveller and players of all abilities can take part in this fun format of tennis. The ingenious design of the interaction between racket, ball, surface and court dimensions allows for longer rallies and putting the ball away sometimes seems impossible! Speed of mind, understanding of the rival's weakness and exquisite touch count far more than physical strength and power. Outmanoeuvring your opponent is far more effective than trying to out-hit them!

Touch tennis coaching and matchplay sessions will take place on the Mini Red courts every Thursday, starting on Thursday 9th February. A 6-week block of lessons will cost just £30 - Improvers (6–7pm) or Advanced (7–8pm).

For more information go to: www.touchtennis.com or www.nwrtc.co.uk/touchtennis.html

To see what it's all about, there will be a touch tennis tournament that you can enter (run by Tennis Wales) on Saturday 4th February. The Junior event (ages 13+) will take place 1–3pm followed by the Adult event (3–5pm).

To enter, please contact Simon Clarke: simon.clarke@tenniswales.org.uk or Tel: 02920 463335.

Tennis Xpress Are you a complete beginner? Maybe you haven't played in years, or just want to learn how to play the game? This new 10-week course uses slower balls and smaller sized courts to help you learn all the basic shots, rules, tactics and necessary techniques so that you can rally with players of the same level and play socially or competitively. Coaching lessons will cost just £6 per week. If you're interested, please contact reception and ask to be put on the Tennis Xpress list so that we can contact you as soon as dates and times are confirmed.

Parent & Tots Come along with your toddler (2 ½ to 4 yrs) and help them to improve their basic co-ordination skills in our fun Parent & Tots lessons! The cost will be just £3 per week so if you're interested please contact reception to be put on the Parent & Tots list and we'll contact you as soon as dates / times are confirmed.

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February Half Term Children's Holiday Activities

Children's Holiday Tennis Activities are running during February Half Term: Mon 13th – Fri 17th February. Places must be booked at least 24 hours in advance as spaces are limited. 10% 'Advantage' discounts apply!

Tiny Tots	3 – 5yrs	9.30am – 10.00am	£2.50 per day
Mini Reds	6 – 9yrs	10.00am – 12.00pm	£6.00 per day
Junior Camp	9 – 14yrs	9.00am – 4.00pm	£16.00 per day (incl. lunch)

Booking forms are available to download from the website: www.nwrtc.co.uk/holidayactivities.html



Upcoming Tournaments & Major Events

The **Wrexham Indoor Winter Mixed Doubles League** will start on Saturday 18th February and run for 5 consecutive weeks. It's not too late to enter a team – the closing date is Sunday 15th January. It's all happening on a Saturday evening: matches 5pm – 8pm followed by a hot match tea from 8pm – 9pm.

All you need is a group of 4 people (2 x male, 2 x female or it can be more and you just rotate players each week) who want to play competitive matches and enjoy a social meal afterwards! Matches will be played firstly as a men's and ladies' doubles, then select a 1st and 2nd pair to play a mixed doubles match. Match fees are equivalent to just £7.00 per player per week, inclusive of court hire, new tennis balls and hot match tea. The normal cost of that same package would be £15.00 each, so act fast as there are only 6 places available!

The aim is to develop a bigger league for next winter so that matches can be played from November through to March, possibly also in Men's and Ladies events. To enter, please download an entry form from: www.nwrtc.co.uk/winterleague.html and return to Adrian Jones at the Centre.

International Events

As you'll no doubt be aware, 2012 is the year of the London Olympics and so there have been a few changes to the competitions programme this year.

We will not be hosting a Ladies International in January or a Men's International in September this year; instead we are hosting three international tournaments in late July / early August on the outdoor courts in just two weeks!! The first will be a \$25,000 Ladies event, followed by a \$15,000 Men's and \$10,000 Ladies joint event the following week. We are also hosting an additional County Cup event (the 12 & Under age-group) in late May / early June.

For more information about the tournaments and major events at Wrexham Tennis Centre until the end of August, please go to our website and download the Tournaments & Events list: www.nwrtc.co.uk/tournaments.html

INDOOR COURT RESURFACING (APRIL 2012)

All of the centre's indoor courts will be resurfaced in April this year and so there will be no indoor courts available to use between Monday 2nd April and Tuesday 24th April. It is possible that the courts may be ready for use on Monday 23rd April, but we will not know for sure until a few days before, so please keep checking the website for further information nearer the time.

During those three weeks, the Academy will operate as usual on courts 7-10 outdoors, leaving courts 5, 6 and 11 for public hire / individual coaching. If at any time the centre's outdoor courts are all booked, we have an ongoing arrangement with Wrexham Lawn Tennis Club to hire out (not book) courts 3 & 4 on their behalf at £5.00 per hour.

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