

ADULT COURSES

The Totally Tennis adult programme is a comprehensive mix of pay and play sessions and courses for all abilities from beginner to advanced. As we do not have a membership you simply pay for the session or course you want to do. For those that really have the tennis bug, we also run local and national league teams, club tournaments, and social events, so you can take your tennis as seriously (or not) as you want to!

COURSES

Our 7-week courses give players step-by-step instruction, with a different teaching point each week. Please call Totally Tennis to find out when the next course begins or to book.

Intermediate/Advanced 'Club' Night

The final step for those that have confidently completed the improver course and want to continue playing tennis in a sociable environment. The session will consist of organised matchplay, with a coach on-hand to help players continue to fine-tune their tactical and technical skills. This session can also be attended on a pay & play basis.

Mon & Thurs 8.30pm - 10.00pm

Improvers course

Designed for the more experienced player who wants to add something new to their game, not working too much on the basic shots, but teaching more specialised strokes & tactics for doubles and singles. If you aren't confident on the basics, try a Refresher course first, but if you're ready to move on, this course is ideal.

Mondays 7.30pm - 8.30pm
Thursdays 7.30pm - 8.30pm.

Beginners/Refresher course

Our beginners course is an excellent introduction to tennis and refresher course for those that have not played for some time or never received coaching before. It provides players with a sound knowledge of the basic strokes and tactics, including topspin forehand, backhand, serve & volley.

Mondays 6.30pm - 7.30pm
Thursdays 7.30pm - 8.30pm.

PRIVATE LESSONS

Group and individual lessons provide players with the opportunity of more-tailored coaching with the added advantage of flexibility with lesson times. Lessons are arranged directly with a coach at suitable times.

Tennis Director (PCA)
Senior Coach (CCA)
Coach (DCA)
Junior Coach

ADULT PAY & PLAY

PAY AND PLAY SESSIONS

Pay and play sessions are ideal for those looking for the flexibility of paying as they go. Currently you do not have to book your place, just turn up, pay, and play!

Ladies Morning

Ladies' morning is a session that provides a healthy mixture of coaching and social match play. The price includes a coffee afterwards to provide players an opportunity to unwind and chat after a good session of tennis.

Beginners/Improvers Fridays 10am - 11.30am
Improvers/Advanced Monday 10am - 11.30am
Advanced Thursday 10am - 11.30am

Drills

The adult drills sessions are highly energetic, designed to increase overall fitness & improve a player's game. Often attended in addition to courses or match practice sessions, they are an excellent way to practice strokes and tactics.

Improvers Mon & Fri 7.30pm - 8.30pm
Improvers/Advanced Tues 8.00pm - 9.00pm
Advanced Mon & Fri 6.30pm - 7.30pm

Club 50+

An exciting mixed session for the 'young at heart' held in a relaxed social environment. Aimed at players over 50 who are interested in keeping fit and healthy with other like minded people.

Mixed ability - Weds 10am - 11am

Competitive Opportunities

For all players taking part in the adult programme, there is an array of competitive opportunities to get involved in, from ladders tournaments, social doubles rota, local leagues and regular competitions - **please see a coach or reception for more information**



DIRECTIONS TO WAR MEMORIAL PARK

FROM THE M3

Leave the M3 at Junction 6. At the first major roundabout turn left onto the A30 (Ringway South). Take the first slip road, and turn almost immediately left over the bridge. At the T junction, turn right into Old Common Road and then left at the mini roundabout into London Road. Take the first turning on the left into Crossborough Hill. Proceed through the double gates at the top of the hill. The tennis centre is to the left of the car park, but please go via reception which is in the Pavilion next to the centre.

FROM ALTON (From the A339)

As you arrive in Basingstoke you will pass a Holiday Inn just as you reach a roundabout at the end of the A339. Go straight over this roundabout. At the next roundabout (Hackwood Roundabout), turn right. Join the dual carriageway and take the first slip road off which will be sign posted for Eastrop. Continue along this road, passing the Hilton National Hotel on your left, before reaching a mini roundabout. Turn left here into London Road. After about 1/2 mile, you take the first left turning into Crossborough Hill. Go to the top of the road, through the gates to the park, and park in the car park. The Totally Tennis reception is the brick pavilion to the left of the car park.

FROM NEWBURY/READING

Join the A339 and follow signs to Basingstoke Ringway East, towards the M3. Turn right, at the Blackdam Roundabout onto the A30 Ringway South. Take the first slip road, and turn almost immediately left over the bridge. At the T junction, turn right into Old Common Road and then left at the mini roundabout into London Road. Take the first turning on the left into Crossborough Hill. Proceed through the double gates at the top of the hill. The tennis centre is to the left of the car park, but please go via reception which is in the Pavilion next to the centre.

CONTACT DETAILS

Basingstoke Indoor Tennis Centre
War Memorial Park
Crossborough Hill
Basingstoke
Hants
RG21 4AG

TEL 01256 358816

WEB www.totallytennis.co.uk

EMAIL tt@totallytennis.co.uk



TENNIS PROGRAMME

WAR MEMORIAL PARK
CROSSBOROUGH HILL
BASINGSTOKE
HANTS RG21 4AG

01256 358816

totallytennis 
Basingstoke

www.totallytennis.co.uk

WELCOME TO TOTALLY TENNIS

Totally Tennis is a thriving, buzzing tennis organisation that for the last decade has been the driving force of tennis development in Basingstoke. The centres include the Basingstoke Indoor Tennis Centre at War Memorial Park, Outdoor Facilities at Stratton Park and extensive outreach programmes in local schools. We have gained Lawn Tennis Accreditation as a Mini Tennis Centre and National Satellite Centre, and received recognition from several sporting and education organisations.

Our aim is to provide everybody the opportunity to play tennis, and so, whether you have never hit a ball in your life, or have played to national standard for years, we will have something to offer that is affordable, accessible, progressive and fun.

THE FACILITIES

BASINGSTOKE INDOOR TENNIS CENTRE

War Memorial Park, is the home of Totally Tennis. Here, you will find an indoor tennis facility with four acrylic courts and four floodlit outdoor courts. The courts can be hired by the hour, but also host an excellent tennis coaching programme providing opportunities for adults and juniors of all abilities.

We also run a tennis programme at Stratton Park; please call for details.

OPENING TIMES

Monday to Friday	8am - 10pm
Saturday & Sunday	9am - 8pm
Bank Holidays	10am - 6pm

COURT HIRE

Anyone can book courts at the indoor centre, subject to availability, up to three days in advance.

Court Prices

Courts are charged per court per hour.

Please see insert for prices.

Summer price (April - September)

Winter price (October - March)

Off Peak (10.00am - 4.30pm weekdays)

MEMBERSHIP SCHEME

Totally Tennis offers a range of membership options to suit everyone. Benefits of Membership include:

- Free outdoor courts
- Free same day bookings for indoor courts
- Free coaching sessions
- Members rates for group coaching
- Discount on indoor court fees
- 10% discount for pro shop
- And much more!

BLOCK BOOKING SCHEME

The Totally Tennis Block Booking Scheme offers booking and discount incentives for those that want to play tennis regularly, but do not have the time to commit to a tennis course.

Please contact reception for more details on Membership and Booking Schemes.

JUNIOR PAY & PLAY

The Totally Tennis junior coaching programme at War Memorial Park has run for more than a decade, giving thousands of children the opportunity to play tennis. Those taking the first step can take part in activity days and pay & play sessions, while those wanting to make more of a commitment can also join development or performance squads. Juniors work on all the abilities required to become a good player, not only racket technique, but agility, flexibility, fitness, co-ordination and mental skills.

HOLIDAY PROGRAMME

The ever-popular Totally Tennis holiday programme runs every school holiday of the year. This is an excellent way to introduce young players to tennis, and it also offers plenty of other sporting opportunities including football, hockey and rounders. Children of all abilities are welcome and can attend for half days, whole days or whole weeks. For more information or to book, please call Totally Tennis in good time - generally, these programmes sell out!

PAY AND PLAY PROGRAMME

Junior Club

The Junior Club is for juniors aged 10-16 years. It is a pay and play session so there is no need to book a place. The Junior Club is excellent for an introduction to tennis or for those just wanting to play for fun. Members learn the necessary ball skills for tennis, and basic strokes.

Saturdays 10.30am - 11.30am

Munchkin Club

The Munchkin Club is for juniors aged 4-9 years. It is a pay and play session, so there is no need to book a place. The club is an excellent introduction to tennis for young players or for those who just want to play for fun. Players learn the simple ball skills for tennis, and basic strokes.

Saturdays 9.30am - 10.30am

MINI DEVELOPMENT SQUADS

(BEGINNING OR IMPROVING 4-11 YEAR OLDS)

The Mini Tennis Programme at Totally Tennis can take children from the age of 4 to 11. It is a programme of termly squads for those who want to take their tennis more seriously. Squad players receive regular feedback reports to help keep parents updated on their child's progress.

Part of the programme is the Totally Tennis Mini Tennis Champions Race - a series of competition days for those in termly squads, which combine fun games with mini tennis matches, for a light-hearted introduction to competitive tennis.

TERMLY SQUADS

Giants (Green Mini Tennis)

For improvers aged 9-11 or those progressing from Dodgers, Giants provides the transition from smaller Orange court to full court tennis. The aim is to get players to rally from the baseline and use full tennis scoring.

Mon, Tues or Fri 5.30pm - 6.30pm

Dodgers (Orange mini tennis)

For beginners and improvers aged 7-9. Players continue to develop their FUNdamental tennis skills, and work on improving their rallying and serving using medium bounce balls and simple scoring.

Mon, Tues, or Fri 5.30pm - 6.30pm

Indians (Red/Orange mini tennis)

This squad is for beginners aged 6-7 or those progressing from the Pirates squad. The squad is designed for those wanting to make a concerted effort at improving their game, working on co-ordination skills and developing the basic tennis shots on small courts with low-bouncing balls.

Mon, Tues or Fri 4.30pm - 5.30pm

Pirates (Red mini tennis)

This squad is for juniors aged between 4 and 6 that have little or no tennis experience. The sessions provide players with a sound knowledge of simple moving, hitting, throwing and catching skills, and basic racket skills.

Mon, Tues, or Fri 4.30pm - 5.30pm

JUNIOR DEVELOPMENT SQUADS

(EXPERIENCED 10-16 YEAR OLDS)

The performance programme at Totally Tennis can take children from the age of 10 to 16. Performance squads allow children wanting to take their tennis up a notch, the ability to play up to three times a week. Parents of performance squad players receive regular feedback reports on their child's progress, which also serve to help players set goals for themselves.

Part of the performance programme are matchplay events and box matches. Both encourage children to build on their tennis skills & enjoy the game of tennis.

TERMLY SQUADS

These squads are designed for players aged 10-16 that are intermediate-advanced standard. Players in these squads work on consolidating their strengths, polishing their technique, developing more advanced tactics and improving overall consistency.

Team squad

Weds 6.00pm - 7.30pm, Sat 10.30am - 12.00noon

Team / A squad

Tues 6.30pm - 8.00pm

A squad

Weds 6.00pm - 7.30pm, Sat 10.30am - 12.00noon

B squad

Tues 5.30pm - 7.00pm Weds 4.30pm - 6.00pm, Thurs 6.00pm - 7.30pm & Sat 12.00noon - 1.30pm

C squad

Tues 4.00pm - 5.30pm, Weds & Thurs 4.30pm - 6.00pm, Sat 1.30pm - 3.00pm

JUNIOR ELITE

(EXCEPTIONAL UNDER 18S)

The Invitational Elite Performance Programme at Totally Tennis is accredited by the LTA as a National Satellite Centre.

Totally Tennis runs an extensive performance programme. This is a programme of subsidised squads providing talented players the opportunity to train in a structured and supervised programme designed to fulfill their potential. All players are encouraged to play in tournaments. So far the programme has produced at least one county champion every year for the last decade, more than fifteen national players and several players have achieved US University Tennis Scholarships.

The opportunity to be selected is open to all squad players, but selection is by the coaching team only.

