

2026 Adult Tennis Programme

Adult Tennis at Newlands – A Clearer Pathway for Everyone

At Newlands, we want every adult member to enjoy tennis that suits their level, goals and confidence. To help with this, we are refreshing our adult tennis programme to provide clearer groupings, better progression, and a stronger club night experience.

Adult Starter Tennis – Build confidence, learn the basics, enjoy tennis

Adult Improver Tennis – Improve consistency, tactics and matchplay skills

Adult Club Play – Structured matchplay with light touch coaching and tactical guidance

Club Night – Social, competitive matchplay for confident players

This is not about excluding anyone – it's about ensuring:

- Beginners feel supported
- Developing players improve faster
- Stronger players enjoy high-quality matchplay
- Everyone knows where they belong and how to progress

Our adult sessions are now organised into a simple pathway, with guidance from our coaching team where needed.

If you have any queries, please do not hesitate to speak to a member of the coaching team who will be happy to assist.

Alongside all group sessions, coaches are available for individual or small group sessions. These can be arranged directly with the coach of your choice, with contact details available from Reception.

Adult Weekly Session Structure

Adult Starter, Development and Club sessions are open to all members at the appropriate level. Team training sessions are for selected league players and focus specifically on match preparation.

Adult Starter Tennis	
Who it's for:	What to expect:
New players Those returning after a long break Players new to matchplay	Coach-led sessions Focus on technique, rallying and basic scoring Friendly, social environment
You're ready to move on when you can:	
Rally consistently Serve and start points Understand basic scoring	

Adult Improver Tennis	
Who it's for:	What to expect:
Players who can rally and serve Comfortable playing points and games Looking to improve consistency and confidence	Game-based coaching Introduction to tactics and doubles play Structured but enjoyable competitive elements
You're ready to move on when you can:	
Play full sets Understand doubles positioning, technique and tactics Compete confidently with similar-level players	

Adult Club Play Tennis	
Who it's for:	What to expect:
Confident club-level players Those interested in competition, ladders or teams Players preparing for Club Night	Organised matchplay Light-touch coaching and tactical guidance Emphasis on decision-making and match situations
More info:	
This is the bridge between more coaching focused classes and Club Night.	

Club Night	
Who it's for:	What to expect:
Confident, match-ready players Those comfortable playing full sets and rotating doubles	Fast-paced, social matchplay Minimal coaching A high-quality club tennis experience
More info:	
Club Night remains a key part of Newlands' tennis culture and is best enjoyed by players who are confident with matchplay and doubles etiquette.	

Players may occasionally be guided into a different session to ensure standards are appropriate and everyone enjoys their tennis.