

Stay Healthy, Stay Active and Stay in a routine with **WLTSC**

A busy last week at the club before the national lockdown. Discounts in price in the shop and in the bar led to 2 great days, and it was wonderful to see so many people responsibly making use of the facilities.

Tennis

The last week of programmed tennis. With Junior and Mixed 100+ Club champs being postponed.

The floodlights (more tokens sold in 3 months than the last 2 years!) were in full use over the last week as members took to the courts and braved the cold until Wednesday night. With some committed members playing till 11:30pm! Overall it was fantastic to see so many members using the outdoor courts.

Going forward over lockdown...

6 weekly clips from our WLTSC coaching team. With skills, drills and challenges to help stay active, starting Monday 9th November! (Timetable attached)



Fitness

Great turnout to all the Energize classes, the online booking system for casual gym use has been much better received over the last 2 weeks, ensuring both safety and accountability for the WLTSC community.

Going forward over lockdown...

Fitness classes are online via the WLTSC Energize Group. Get onto the group now, over 10 weekly sessions free for members.

(For those not on Facebook there is a Facebook tutorial attached giving a step by step guide to get onto the Groups.)

Any Questions contact Paul Fothergill on 07825665794



Squash

'Juniors coaching Juniors!'

Fantastic input from our junior squash players. An ad hoc junior session created just an hour after announcement with a great turnout, Well done team!

Going forward over lockdown...

Online Tips and Drills with Miles (World Ranked #145!)

Every Monday a quick 5 minute video on how you can stay sharp and reduce reversibility whilst not being able to get on court, Miles will share some of his footwork, racket and fitness routines he uses during lockdown!



The WLTSC Weekly Round up.

Created by Taylor Penny



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@Wolverhampton Lawn Tennis and Squash Club