



Stay Healthy, Stay Active, Stay in a Routine with WLTSC

(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

Rackets

We had another fantastic week with a lot of activity from the rackets team. This was something new for us to offer so thanks for engaging with them, it is appreciated.

There was a lot of interaction with Amber's TGI tennis session that focused on the whole court game, using shadow swings that help footwork and co-ordination, getting that muscle memory back for when you get back on court!

Tom Welsh has created 2 sessions a week of Skills and Drills with little equipment but lots of fun and enjoyment from giving them a go!

COUNTDOWN TO OPENING...

Lockdown will end on 2nd December. Using a regional tier approach, that puts us at WLTSC in Tier 3.

The club therefore will be open.

Bar and Restaurant – Remains closed.

Changing Rooms - will be open – Sauna is closed.

With that being said...

We look forward to welcoming you back onto the courts.

Both the LTA and England Squash have been updating their guidelines daily. Please look out for upcoming emails from WLTSC regarding the guidelines for rackets for when we reopen.

2 DAYS TILL OPENING – WED 2nd DECEMBER



Fitness

Energize Facebook Page continues to grow in terms of online classes and people 'catching up'. The week started with some rejuvenating Yoga, which has been really popular amongst members. Foggy covered a session this week and he needed some help to lead the session, well in boys! Right through to Core Fusion with Adam on a Friday morning, this variety of sessions continues to demonstrate how versatile and professional the WLTSC System Energize page is. Great work team!

The Gym will reopen with the use of the booking system via Mycourts (link attached in email). Also, **ALL** gym classes will take place outdoors. Yoga with Rebecca and Pilates with Emma will both continue online.



Going forward after lockdown... Online

We have received positive feedback from these newsletters so will be continuing these each month. We will also continue a weekly racket session to stay connected online. We hope that these help you remain part of the WLTSC community (updated rackets timetable for this week attached).

If you would like to share any feedback with us, please email marketing@wltsc.com with any suggestions to ensure we produce content to suit all our members.

The WLTSC Weekly Round up.

Created by Taylor Penny

@wltsc Catch up now on previous posts on Facebook with hashtags **#stayinaroutine** and **#wltsc**

@wltsc

@Wolverhampton Lawn Tennis and Squash Club