

## Rackets

We started our welcome back to tennis with two much missed sessions, TOTS and Rusty Rackets. We have seen our coaches produce some great online content over the past month however, it was eagerly anticipated to get back onto the courts. We had 8 members for Rusties and 4 for TOTS so fantastic energy team. Skills and drills with Tom continued where it left off, players were keen to test some of the drills Tom set over lockdown and improve their game over the festive weeks. Also...Don't forget mix ins are back, all outside on Monday's and Saturday's so shake off the rust and get back on court.



### Braving the cold!

The outdoor courts were heating up! Winter woollies and layers, then its game on. Great to see so many members using the courts in a safe environment. Likewise, for those playing later in the day floodlight tokens are available at the shop and always book before you play.

## JUNIOR SQUASH IS BACK!

Squash juniors took to the courts on Sunday! Well done Oscar for creating some fun learning.



## The return of WLTS...

**The first week back! WLTS finally welcomed our members back through the doors, with racket and fitness sessions recommencing at their usual times (timetables are attached) . Although it is not back to totally normal it is fantastic to have the club become part of your routine once more.**

## Fitness

The Energize classes came back with a bang on Wednesday, even with the classes outdoor it didn't stop the team getting stuck in and having an energizing session. Billy kicked off with conditioning on Wednesday right through to the Sunday weekend workout with Adam, braving the cold it was fantastic to see all the members at the club or continuing to stay active online.

The sessions will be on at the club so book into each class, also they will be available via the WLTS Energize Facebook page!



General gym usage - Remember to always book online before coming to the gym via MyCourts. Also, when at the gym follow all the relevant procedures such as sanitising and keeping spacing to ensure the gym is as safe as possible. We appreciate your consideration.



## The WLTS Weekly Round up.



Created by Taylor Penny





# A Special thanks to the Lockdown Team...



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Our Rackets and System Energize team are available for coaching please contact them if interested.

