



## Seacourt Tennis Club

Name 1: ..... Name 2:..... (If Double Membership)

Membership Category:

- |  |  |
|--|--|
| <input type="checkbox"/> Gold - £362.00 p/a or £35.50 pcm          | <input type="checkbox"/> Under 18 Gold - £74.00 p/a or £9.46 pcm         |
| <input type="checkbox"/> Gold Double - £568.00 p/a or £55.50 pcm   | <input type="checkbox"/> Under 12 Gold - £44.50 p/a                      |
| <input type="checkbox"/> Silver Single - £214.00 p/a or £21.00 pcm | <input type="checkbox"/> Fitness Only Single - £273.00 p/a or £26.00 pcm |
| <input type="checkbox"/> Silver Double - £332.00 p/a or £32.20 pcm | <input type="checkbox"/> Fitness Only Double - £395.00 p/a or £38.00 pcm |
| <input type="checkbox"/> Bronze - £130.00 p/a or £13.20 pcm        | <input type="checkbox"/> Fitness Plus Single - £205.50 p/a or £20.00 pcm |
| <input type="checkbox"/> Bronze Double - £205.00 p/a or £19.90 pcm | <input type="checkbox"/> Fitness Plus Double - £305.50 p/a or £31.00 pcm |
| <input type="checkbox"/> Country Gold - £140.00 p/a or £13.70 pcm  | <input type="checkbox"/> Ancillary - £78.00 p/a or £9.46 pcm             |
| <input type="checkbox"/> Under 28 Gold - £102.00 P/A or £12.00 pcm | <input type="checkbox"/> Ancillary Double - £94.00 p/a or £12.00 pcm     |

Membership fees are non refundable. direct debit cancellations must be made directly to your bank

Address: .....

Postcode: ..... Telephone(H): .....

Mobile Name 1: ..... Mobile Name 2: .....

Email Name1: ..... Date of Birth:1 ...../...../.....

Email Name 2: ..... Date of Birth:2 ...../...../.....

Facilities at Seacourt Tennis Club are not directly supervised by a member of staff; By signing below you agree to use all facilities in the proper and correct manner and to use protective equipment where advisable.

I am aware of my responsibilities to consult with a personal physician regarding my medical fitness to engage in exercise.

I do hereby intend to be legally bound for myself and waive release of any and all rights and claims for damages I may have against the facility.

Signature Name 1: .....Date: ...../...../.....

Signature Name 2: .....Date: ...../...../.....

To be signed by a Parent or Guardian for membership of individuals under the age of 18

Payment &  
DD Form

Inducted &  
Form

Card Number

Club Spark

T&RA booking

Added to Mail  
Lists



## Seacourt Tennis Club

Memberships available are:

- Gold - Use of all facilities (Except Gym) at any time
- Silver - Use of all facilities (Except Real Tennis & Gym)) at any time
- Bronze - Use of all facilities (except Real Tennis & Gym) between 9.00am-5.00pm Weekdays
- Fitness - Use of the Gym and all social facilities
- Fitness plus - Discounted rate for use of the gym in addition to a Sports membership
- Under 28 Gold - Use of all facilities at any time (Except Gym) (Must be under 28)
- Under 18 Gold - Use of all facilities at any time (Except Gym) (Must be under 18)
- Under 12 Gold - Use of all facilities at any time (Except Gym) (Must be under 12) \*
- Ancillary - Use of Social facilities only
- Country Gold - Use of all facilities at any time (Except Gym) (Must live 30+ miles from club)

\* There is **No membership fee** for all children under the age of 12 who have a **parent/guardian** with Gold, Silver or Bronze membership. However, **the Levy** is still payable for each child.

**Joining Fee** - If payment is to be made by Direct Debit in the case of Fitness Only or Fitness Plus three month's fee is payable on applications. The Direct Debit will come into effect on the fourth month. If payment is to be made by Direct Debit in the case of all other Membership Categories one month's fee is payable on application. The Direct Debit will come into effect on the second month.

**Levy** - The Levy is payable for the year (pro rata) upon joining.

**Data Protection** - Seacourt Tennis Club processes personal data in accordance with the GDPR. Personal data will be used solely for the purposes connected with membership, membership data analysis and communication between Seacourt Tennis Club and its members. Your personal information will not be passed to a third party without your consent.

I agree to abide by Seacourt Tennis Club rules at all times and understand that failure to do so may result in my membership being revoked.

Signature Name 1: .....Date: ...../...../.....

Signature Name 2: .....Date: ...../...../.....

To be signed by a Parent or Guardian for membership of individuals under the age of 18



# Seacourt Tennis Club

## Welcome to Seacourt Tennis Club

Seacourt Tennis Club is a friendly and sociable tennis club on Hayling Island. We offer a warm welcome and a unique opportunity for guests and members of all ages and abilities to play a range of sports and use associated facilities.

## Sports

We are proud to be the only club in the country where you can participate in Lawn Tennis, Squash, Real Tennis, Rackets and Badminton. In addition to these we have facilities for Padel Tennis, Petanque, Short Tennis, Racketball and a well equipped Gym.

An introductory lesson in any sport can be arranged through our pro team (Aaron Flippence & Andrew Lyons ) and is free of charge. Ongoing lessons can then be arranged to help you improve your game, these vary in prices depending on sport and professional but our pro team are fairly flexible and lessons can be arranged around your schedule.

Our pro team are contactable at [professionals@seacourt.com](mailto:professionals@seacourt.com)

The club is open daily from 7.00am-11.00pm for hire of sporting facilities and use of the gym, The following pages contain more in depth descriptions of the sports we offer,

## Dining

Our restaurant provides a comfortable and relaxed dining experience for all. We offer an extensive bar snack menu as well as a choice of 'Specials' on Thursday and Friday evenings, all created by our in house chef Mark Ashcroft.

We cater for a range of occasions, in our restaurant including a variety of weddings and private functions. And have hosted parties and receptions of many different shapes and sizes in our sports hall.

If you are interested in having an event at Seacourt, please contact Jim Jardine at [events@seacourt.com](mailto:events@seacourt.com)

## General Enquiries

For any other questions please do not hesitate to speak to any staff members in person or contact Ginny Flynn on 02392 466122 or [reception@seacourt.com](mailto:reception@seacourt.com)



## Seacourt Tennis Club

### Real Tennis

With its origins as far back as the 14th century, real tennis is the original indoor racket sport from which the modern game of lawn tennis is descended. Known as *"jeu de paume"* in France and *"court tennis"* in the United States, it is played by its dedicated enthusiasts on 48 real tennis courts spread across these countries and Australia *"Royal Tennis"*.

Royal interest in the game in England began with Henry V but it was Henry VIII who made the greatest contribution to the game by building courts at many of his palaces and by unifying and codifying the game we play now. One of the oldest ball games still played, real tennis has the longest line of consecutive world champions of any sport!

A real tennis court is enclosed by walls on all four sides, three of which have sloping roofs, known as "penthouses", beneath which are various openings ("galleries") from which spectators can watch the game. Observers will also note a buttress wall ("tambour") at the "hazard end" (receiving end) that intrudes into the playing area off which shots may be played. Real tennis is often described as a mixture of tennis, squash and chess. While play is over a net that divides the court, the walls and penthouses may also be used and there is a significant strategic component to mastering the game.

The balls and rackets used in real tennis are quite different to the ones used in lawn tennis. Unlike the latex-based technology of the modern lawn-tennis ball, there has been a very modest evolution of the real tennis ball. The balls are all handmade at the club and comprise a core made of cork, tightly wound cloth tape and a hand-sewn layer of heavy, woven, woollen cloth. They are more solid, heavier and less bouncy than lawn tennis balls. The rackets are asymmetrical and made of wood (as part of the rules of the game) and are strung board-tight with nylon string to cope with the heavy balls. The racket head shape (only slightly more evolved than the balls) makes it easier to strike a low-bouncing ball or those in corners, with greater weight ( c. 450 grammes) required to oppose the heavier ball.

Real tennis forms a key part of Seacourt's junior coaching. We have weekday afternoon and evening classes and Saturday pay-and-play lessons, which give children and young people a very special opportunity to experience and learn about this unusual sport. One of the key strengths of real tennis is its handicap system where, much like golf, a level playing field between players of diverse standards can be established.

Because real tennis inspires such devotion amongst its players everywhere, the court can be quite heavily booked. While there are many regular tournaments and leagues for all sections of the membership, starting out at real tennis will usually require a few lessons with our resident professionals to set you on your way.



# Seacourt Tennis Club

## Lawn Tennis

We love our tennis at Seacourt. We play on two floodlit hard-surface courts. We run several tennis leagues – men's, women's and mixed – and organise regular events, competitions and serious tournaments for all abilities.

The club professionals offer a broad choice of group and individual coaching sessions for all age groups and standards, from the very youngest (mini tennis) to squad training for the advanced. We have junior pay-and-play sessions on Saturday mornings and special sports programmes that include lawn tennis during the school holidays.

Friday night is our main club night, with games for all levels of ability. With coaching sessions for those starting out or rediscovering the game, and a comprehensive schedule of staple club tournaments, our lawn tennis programme is comprehensive and busy.

## Badminton

Badminton is a great game for players of any standard, for fitness, fun or to compete. All members are welcome to enter our club tournaments, fun competitions and attend club nights.

Seacourt has two spaces where we play badminton: our sports hall and our rackets court. You can book a court and play or join a group. We hold a club evening every Tuesday night.

## Squash & Racketball

Seacourt members enjoy the use of four squash courts, one of which is glass-backed.

We operate quarterly squash leagues, regular internal competitions and participate in local county leagues. Our qualified instructors are available for coaching at any level, either individually or in groups.

Popular as a lung-bursting workout and considerable fun into the bargain, racketball is also played on our squash courts by many avid adepts. Racketball is the UK's fastest growing sport! It is played on any regular squash court and is similar to squash. The fact that the ball is bigger, more bouncy and does not need warming up means that the rallies last longer, as the ball moves slower giving the opponent more time to react and get to the ball. The shorter racquet also helps with hand eye coordination, making the ball easier to strike. Overall, this makes the game much easier to pick up than many other sports like squash or tennis.



# Seacourt Tennis Club

## Rackets

Rackets is maybe the ultimate racket game. Intimidating to some, its challenging pace and gameplay is a rewarding test of skill.

It was developed in the 18th century in two of London's big debtors' prisons: the King's Bench and the Fleet. The prisoners, apparently, wanted to speed up the game of fives (which is played with the palm of the hand) by using (real) tennis rackets.

Seacourt has one of only about 20 courts in the UK, most of which are either in Private schools or privately owned.

Like real tennis there have been moments in the last century when rackets might have fallen by the wayside but now with new courts being built, it deservedly enjoys modest positive growth. Our members meet regularly on Thursday nights to play in our club night. Come along and give it a go.

## Padel

Padel is an exciting racquet sport that combines elements of tennis, squash and badminton. It is played exclusively in doubles format and is hosted on our rackets court. One of the newest additions to our club it has quickly found a place in many peoples schedule and is especially popular during the winter months when the Lawn Tennis courts can be affected by the weather.

The game was invented by Enrique Corcuera of Mexico, who created the first padel club in Marbella in 1974. The sport became very popular in Spain, which has been the professional circuit host of the World Padel Tour where it has been played since 2005. Over the course of the past 10 years, padel has begun to spread rapidly to the rest of Europe as well as to the United States. It is currently the fastest growing sport in the world.

## Gym

Our gymnasium is small but perfectly formed. It is fully air-conditioned and has treadmills, cross trainers, stepping machines, a bike, concept rowing machines, an 8-station multigym, free weights, a hip machine and fit balls.

The gym is also equipped with a TV and many radio channels so you can listen to music or watch programmes whilst exercising.