

Terms & Conditions for Members

1. To participate in UCS Members Social Tennis sessions. Please ensure you have an LTA number. If you don't have one you can get one for free from [LTA account](#) this will assist us in grouping you with the appropriate playing level in the future.
2. In Order to ensure you book into the correct UCS social Tennis session you will receive a class level allocation following your registration request by emailing dean.green@ucsactive.org.uk.
3. Your category level will be added to your account membership account so you and UCS STAFF will know what social session class level to book you onto.
4. Following your application request to participate in UCS Social tennis sessions you will be allocated one of the two categories so this will be the session that you are able to book into:
 - 4.1. beginner /intermediate beginner
 - 4.2. intermediate /advanced
5. If you are not automatically allocated then you will need to request a level assessment. This will take 5 minutes and can be achieved by attending one of the cardio /Adult beginner sessions we deliver on the weekly class timetable at the club. This is so a coach can access your playing level in order to allocate you to the appropriate group. (arranged with Dean via email)
6. All usual class booking procedure applies to your booking such as class capacity / waiting list etc.
7. Players to confirm attendance day before session by email or tennis group message so a place can be offered to someone else.
8. Players to check in on session day at reception to confirm attendance for session.
9. Players arrive and have a warm up before match play.

10. Pairs to play match play either two fast 4 sets with a tie break at 3-3 or a full set or several tie breaks. (Try to mix pairs after each set as fair as possible so players can play in different pairings).
11. UCS Active coach Tony (or another staff member) to bring balls up to court for the members social play and where they will be kept. Once the sessions are finished Tony (or another staff member will bring them back).

CLASS DESCRIPTIONS

BEGINNERS TENNIS

You struggle to serve and rally, and you may not understand the scoring rules. You're new to the game and need guidance on techniques and tactics.

INTERMEDIATE TENNIS

You can serve, rally and score at a basic level, and may be able to hit with top-spin, but struggle to change pace and spin, and your second serve is a weaker version of your first serve. You have a basic understanding of tactics.

BEGINNERS CARDIO TENNIS

A fun, high-energy fitness class on the court tailored for beginners. Get your heart rate up with non-stop movement and simple tennis drills, no advanced skills required!

CARDIO TENNIS

Cardio Tennis is designed to improve both fitness and tennis skills. Participants **MUST** be able to hit a backhand and forehand, as well as hit a 6 shot rally. This class is very popular, so please if you can't make it let us know ASAP.

ADVANCED CARDIO TENNIS

Unlike standard Cardio Tennis which focuses purely on aerobic fitness for all abilities, the Advanced is specifically designed for intermediate to experienced players (LTA Rating / ITN equivalent or confident match-players) who want to combine physical element with high-speed tactical decision making.

SOCIAL TENNIS

Social Tennis is an inclusive session created for UCS Active members and is available to all abilities. The match play doubles sessions and take place on our outdoor synthetic Grass Courts. This is also a great opportunity to meet new players and practice your game in a friendly environment.

Book via Club Hub or call Reception Team 0207 433 2127.

18th October – 13th December 2026



TIMETABLE



ucsactive.org.uk

ADULT TENNIS SCHEDULE

18th October - 13th December 2026

MONDAY				
Time	Class	Instructor	Location	Level
6-7pm	Beg Tennis Coaching**	Gwen	Tennis Court 2 UCS Active Frognal	Adult Beginners
7-8pm	Int Tennis Coaching**	Gwen	Tennis Court 2 UCS Active Frognal	Adult Intermediate
8-9pm	Cardio Tennis*	Gwen	Tennis Court 2 UCS Active Frognal	Adult Advanced
**Additional cost applies – pay as you go, prior the session *One booking per member				

TUESDAY				
Time	Class	Instructor	Location	Level
6-7pm	Cardio Tennis*	Gwen	Tennis Court 2 UCS Active Frognal	All
7-8pm	Cardio Tennis*	Gwen	Tennis Court 2 UCS Active Frognal	All
*One booking per member				

WEDNESDAY				
Time	Class	Instructor	Location	Level
6-7pm	Beginners Tennis Coaching**	Jude	Tennis Court 2 UCS Active Frognal	Beginners
7-8pm	Advanced Cardio Tennis*	Jude	Tennis Court 2 UCS Active Frognal	Advanced
8-9pm	Int Group Coaching**	Jude	Tennis Court 2 UCS Active Frognal	Intermediate
**Additional cost applies – pay as you go, prior the session *One booking per member				

THURSDAY				
Time	Class	Instructor	Location	Level
7-8pm	Beg Cardio Tennis*	Tony	Tennis Court 2 UCS Active Frognal	Beginners
8-9pm	Cardio Tennis*	Tony	Tennis Court 2 UCS Active Frognal	All
**Additional cost applies – pay as you go, prior the session *One booking per member				

FRIDAY				
Time	Class	Instructor	Location	Level
6-7pm	Cardio Tennis*	Daniella	Tennis Court 2 UCS Active Frognal	All
*One booking per member				

SATURDAY				
Time	Class	Instructor	Location	Level
9-10am	Cardio Tennis*	Tennis Coach	Tennis Court 2 UCS Active Frognal	All
3-4pm	Members Social Play***	N/A	Tennis Court 2 UCS Active Frognal	All
***Members must adhere to T&Cs *One booking per member				

SUNDAY				
Time	Class	Instructor	Location	Level
11-12pm	Members Social Play***	N/A	Tennis Court 1 UCS Active Frognal	Adv/int
11-12pm	Members Social Play***	N/A	Tennis Court 3 UCS Active Frognal	Int
12-1pm	Members Social Play***	N/A	Tennis Court 1 UCS Active Frognal	Adv/int
12-1pm	Members Social Play***	N/A	Tennis Court 3 UCS Active Frognal	Int
12-1pm	Beg Tennis Coaching**	Tony	Tennis Court 2 UCS Active Frognal	Adult Beg
1-2pm	Cardio Tennis*	Tony	Tennis Court 2 UCS Active Frognal	All
2-3pm	Beginners Cardio Tennis	Jude	Tennis Court 2 UCS Active Frognal	Beginners
3-4pm	Advanced Cardio Tennis	Jude	Tennis Court 2 UCS Active Frognal	Advanced
4-5pm	Int Group Coaching**	Jude	Tennis Court 2 UCS Active Frognal	Int
Additional cost applies – pay as you go, prior the session *Members must adhere to T&Cs *One booking per member				

PRICES AND IMPORTANT INFORMATION

*Members are limited to one tennis activity per day (includes coaching, cardio tennis, and social play).

**These are pay as you go sessions - £11 per session

***Members must adhere to T&Cs

Please note that all activities on this timetable are for members aged 16+.

(for more information please contact UCS Active reception)