



Information for Members

Welcome to Winchester Racquets and Fitness

The following information is designed to help you make the most of your membership of the Club. You can also check out the noticeboard at the club for information on the latest events and activities. We also provide additional information in Club News and through regular e-mail updates

If you have any questions or require further assistance please do not hesitate to contact us.

General Information

Winchester Racquets and Fitness is a not for profit members sports club. The policies of the club are set by the management committee, and a team of professional staff are employed to run the club on a day to day basis and to fulfil the objectives of the club.

The tennis, squash, gym and croquet sections each have their own Committee with a Chairman who sit on the Management Committee; names and contact details are displayed on the Club notice board.

In addition to using the Club for your chosen activity, there are other additional benefits for members:-

- As a member you can use the Club facilities for parties, functions, business meetings and conferences **at beneficial rates**. Full information on cost and availability can be obtained from reception.

Guests

Members may bring guests but they must be signed in on arrival at reception. Adult Squash, Tennis or Gold members are entitled to two free guest visits per year, otherwise visitors should pay the relevant guest fee if playing tennis or squash and are limited to 3 visits per year.

Note that guests are not allowed for the fitness centre unless by prior arrangement with the fitness manager – as any guests would need a brief induction with a member of the fitness team.

Tennis

Coaching

The club runs an extensive adult and junior coaching programme and you can choose group or individual lessons with one of our team of LTA licensed coaches.

A full programme of adult courses is available from beginner group coaching, through to improver and team standard courses for more experienced players.

Teams

The Club runs various teams in the county leagues to cater for adults and juniors. If you are interested in playing team tennis, then please contact reception or a club coach who will put you in touch with the right person.

Court Bookings

The club operates an advance online booking system – members can book up to a week in advance at reception or online, or can simply turn up to play on any courts that are available at that time.

Reception staff will assist members with court allocation ensuring that the correct booking procedures and guidelines are followed.

Club Night Fridays 6.30pm - 9.30 pm

Club Night is held every Friday throughout the year and is supervised by one of the coaching team. Members simply check in with the coach on arrival and are then allocated partners and opponents throughout the session. Players can enjoy a varied and enjoyable evening of tennis against a range of opponents. Again as in the mix in sessions, members often stay on after playing to enjoy a drink or snack with other members.

Tournaments

The club organises a variety of tournaments throughout the year ranging from social family events, social mixed doubles challenges through to the more competitive club championships. The Club championships take place in the summer and include veteran events as well as singles and doubles for men, ladies and juniors. These are organised on a knockout or round robin format to make them suitable for all standards of players.

Box leagues and singles ladders also provide opportunities for competitive play and the chance to meet other members.

The Club also hosts a major Open Tournament in the middle of July which attracts the top juniors from all over the UK. This is a great opportunity to come and watch tennis of the tournament, but there are no tennis courts available for member use.

Squash



Coaching

The club runs an extensive adult and junior coaching programme and you can choose group or individual lessons with one of our coaches.

A full programme of adult courses is available from beginner group coaching, through to improver and team standard courses for more experienced players.

Teams

The Club runs various teams in the county League for men's, ladies, vets and juniors throughout the year.

Friday Night Mix-in 7-9pm

Friday evening, all year round, is mix-in night. The session is supervised by the club coach and players only need to turn up, check in with the coach, (there is a nominal charge of £3) and get playing. The coach ensures that you get plenty of matches against players of similar standard and he may even get on court with you as well and really test your ability!

Ask the coach or reception if you need to know more about the mix-in night.

Box Leagues

Many of the Club members compete in the monthly box leagues organised by the club coach. This is a great way to meet new players and ensure regular matches. With 5 players in a box you are usually guaranteed at least 4 matches every month. Ask at reception or talk to the coach to get your name on the box leagues for the next month.

Tournaments and Events

The Club Closed Tournament is played annually with various categories of events to cater for all that would like to play. There are also handicap tournaments at various times in the year.

Court Bookings

These are made online and can be made up to seven days in advance, at reception, online from home, or by phone.

Racketball

A number of members also play racketball at the club; there is a mix in on Friday nights from 6-7pm and Saturdays from 3:30-5PM. Ask the club coach or reception staff who will be able to introduce you to the racketball players.



Fitness

Open 6.30 am to 9.30 pm weekdays
8.00 am to 8.00 pm on weekends and bank holidays

All fitness members have access to the social facilities of the club and on payment of the relevant fees can also play tennis or squash.

As a new fitness member you will go through a full induction process that will familiarise you with all of the equipment and set you up with a programme designed to meet your fitness aims. The fitness staff are on hand at any time to give advice or guidance on your fitness programme.

Exercise Studio

A range of exercise classes is offered in the Studio, and the timetable is regularly updated as new classes are introduced. Timetables and fees are available from Reception. Or ask one of our fitness staff for further information.

Personal Training

Personal training ensures that you get the best from every workout. Nothing is left to chance and you get the results you want. Personal Training can help by providing you with extra attention, support, confidence and encouragement needed to achieve your ideal goal.

Personal Training is not as expensive as you may think. Contact Reception or the Fitness Centre for more information.

Café Bar

The Café Bar is open every day and food is available at most times – check out the board in the café bar for further information and correct timings.

Café Bar opening hours are

9.00am to 11:00pm weekdays
9.00am to 8:00pm weekends

A variety of social activities are held at the club – these will be publicised via our regular e newsletters. Alternatively you can keep an eye on the notice boards for any news of upcoming events.

As a member you can use the facilities for parties, meetings and for your business as well. Contact our Bar and Catering Manager for more details.

***and finally....
some general guidelines
that we would ask you to observe***

Please do

respect the etiquette and dress code relevant to the sport that you are playing.
Recognised sports clothing and footwear for your chosen sport are required

change out of wet / sweaty sports clothing before using the café bar

use the car park considerately and park within the guidelines to ensure maximum usage

advise us of any change of address, e-mail or telephone number

let us know any comments you have

Please don't

leave any valuables in the changing rooms

take food or drinks into the changing rooms

take glasses on court

park in the roadway

drop off or collect children from the front door or disabled bays.

take sports bags into the lounge area – please use the bag racks provided.

use mobile phones on or near any court of play

***Thanking you in advance
for your cooperation***

We hope that you fully enjoy your membership of the club