

Tournaments

Adult NTRP Tournaments

WellWorX Adult NTRP Tournaments are held from November to February every year. These tournaments are held to prepare you for team tennis in the spring, summer and fall. Members and non-members compete in these events. Please check the Tennis Board or visit wellworx.com and click on tennis for the next NTRP Tournament Event!

“Beat the Heat” 1-Day Challengers

Held in June and July of every year, our “Beat the Heat” Challengers host players of different levels each week competing in a compass draw. An elegant catered lunch is served while fitness experts give wellness tips to all participants. Two matches are played in the morning and two in the afternoon. Trophies are given for 1st and 2nd place.

Special Tennis Events

WellWorX is proud to host special tennis events each year for our members to enjoy. WellWorX hosts the Ronald McDonald Charity Challenge, The Transplant Games, Senior Combo Mixed Doubles, and Super Senior Team Doubles.

Junior Sanctioned Tournaments

Junior sanctioned events are held from May to December. These tournaments prepare your child for later advanced competitive tournaments.

Junior Development

WellWorX Junior Development Clinics are held Monday through Thursday afternoons and Saturdays. The Saturday match play is from 1-3pm and includes 1.5 hours of play and 30 minutes of fitness. Monday and Wednesday Groups are beginners and intermediates. Tuesday and Thursday Groups are advanced and elite. Please check the Tennis Board or visit wellworx.com and click on tennis for dates and times of Junior Development Sessions.

Description of Junior Development Groups

Beginner Goal: Learn the fundamentals of stroke production and tennis as a sport.

Intermediate: Continue to improve on stroke production and technique. Should be able to play basic points. **Goal:** Local and novice level tournament player.

Advanced: Have a good understanding of technique and strokes. Focus partially on technique and partially on strategy. **Goal:** To compete in state, sectional and national level tournaments.

Elite: Well experienced tennis players who focus primarily on tournament play and physical conditioning. **Goal:** To be national or world-ranked players.

Adult Development

Adult Development Clinics are available to members and non-members. Drills focus on footwork, conditioning, stroke production, and on court strategy for singles and doubles. Please visit wellworx.com and click on tennis for the current schedule.

Cardio Tennis

A heart-pumping and feet-moving hard core tennis fitness program designed to give you a maximum tennis workout in a short amount of

WellWorX SportsPleX Wimbledon

6161 Shelby Oaks Drive
Memphis, TN 38134
Phone: 901-507-4900
Fax: 901-373-6796
www.wellworx.com



Tennis at WellWorX



WellWorX SportspleX
6161 Shelby Oaks Drive
Memphis, TN 38134
901-507-4900

Director of Tennis
Donna Williams
901-507-4922
dwilliams@wellworx.com

Head Tennis Pro
Joe Schmulian
901-507-4921
901-550-5161 (cell)
joe@wellworx.com

Assistant Tennis Pro
Glenn Williams
901-503-8986

Please visit www.wellworx.com for more information on WellWorX Tennis and our Tennis Professionals.

WellWorX Tennis Club

Tennis Facilities

WellWorX Sportsplex has 7 Indoor Tennis courts and 5 Outdoor Tennis courts for year round play. Our 7 Indoor courts are air-conditioned in the summer and heated in the winter. Our 5 outdoor courts are lit for night play.

Tennis Court Prices

WellWorX Sportsplex has the lowest indoor court fees in Shelby County. Indoor courts are \$10/per court/per hour for tennis members only! Our outdoor courts are free to our members

Ball Machine Availability

The Ball Machine is available to tennis members for \$15/per hour. Please call in advance to reserve the ball machine and court.

Guest Fees/Reservations

Guests of WellWorX Members are allowed to play tennis twice a month while accompanied by a member. Guest fees are \$15/per guest per visit.

Indoor and Outdoor court reservations can be made up to a month in advance by members.

WellWorX Tennis Club

Tennis Leagues

WellWorX offers adult tennis leagues for WellWorX members. All matches are indoors over an eight week period.

Indoor Contract Time

Weekly groups have set match times on given nights. Our members choose the length of their contracts. The entire cost of your contract time is billed to your account.

USA Team Tennis/Combo and Mixed Doubles

WellWorX has on average 10-12 teams playing out of our club during any team tennis season. Lessons and team practices can be organized around team tennis. WellWorX teams have consistently performed well in local as well as regional competition! Come join WellWorX and play Team Tennis!

Adult Mixers

WellWorX hosts Adult Tennis Mixers once a month for members and non-members. Cost is \$10/members and \$15/non-members. Held on a Saturday or Sunday, food and beverages are always provided. Please check the Tennis Board for dates and times of Mixers!

WellWorX Adult/Senior & Junior Development Tennis Schedule

Mondays:

4-5pm Junior Development Beginner
5-6pm Junior Development Intermediate

Tuesdays:

9-10am Cardio Tennis
10:30am-12pm Adult Open Clinic (Beginner 3.0 and up)
4-5:15pm Junior Development Advanced
5:15-6:30pm Junior Development Elite
6:30-8pm Adult Open Clinic: 3.0 and up

Wednesdays:

4-5pm Junior Development Intermediate
5-6pm Junior Development Beginner
6-7pm Adult Open Clinic: Beginner

Thursdays:

9-10am Cardio Tennis
10:30am-12pm Adult Open Clinic: 3.5
4-5:15pm Junior Development Elite
5:15-6:30pm Junior Development Advanced
6:30-8pm Adult Open Clinic (4.0 & up)

Friday:

10-11am Adult Open Clinic: Beginner
11am-12:30pm Adult Open Clinic: 2.5 & 3.0

Saturdays:

9-10:30am Adult Open Clinic: 4.0 and up
10:30-11:30am Adult: 3.0
1-3pm Junior Development Intermediate through Advanced Match Play + Conditioning
1-hour 30 mins. Match Play & Conditioning 30 mins. (Indoors)