

# Tennis

**Sunderland has a number of fantastic opportunities to keep you active**

Active Sunderland provide advice about how you can get involved in sport and physical activity, joining a sports club, coaching, volunteering or accessing sport funding.

This leaflet provides you with information on how to get involved. For further details please visit [www.activesunderland.org.uk](http://www.activesunderland.org.uk)

## Tennis Network

### The Lawn Tennis association

The Lawn Tennis Association (LTA) is the governing body for the game of tennis in Great Britain. News, tournaments, rankings, member clubs directory, membership information, and coaching . The website details the different types of tennis that are available, what equipment is needed and where to play.

For further information please visit, [www.lta.org.uk](http://www.lta.org.uk)

### Silksworth Community Pool, Tennis & Wellness Centre

Affiliated with the LTA and with Club Mark and Beacon Status, the centre offers a full range of tennis opportunities for children, juniors and disability tennis, including county and international tournaments.

For further information please visit, <https://www.everyoneactive.com/centre/silksworth-tennis-centre/>

### New Silksworth Tennis Club (NSTC)

New Silksworth Tennis Club is a friendly local tennis club located within Silksworth Community Pool, Tennis and Wellness Centre. NSTC is a registered LTA venue, with exclusive use of three outdoor, artificial grass surface courts, floodlit for all year round use. New members are always welcome and the club offer flexible and affordable membership packages. So whether it's to improve your game, get fit or just to enjoy the wonderful game of tennis get involved now!

For further information please visit, <http://www.newsilksworthtennisclub.co.uk> / or search for New Silksworth Tennis Club on Facebook

### Sunderland Local Tennis League

The League concept is approved by and affiliated to the LTA and recognised by the Tennis Foundation, a charity set up by the LTA to promote grass-roots tennis. The aim is to launch more leagues wherever there is a need, focusing on public tennis courts where finding opponents can be difficult.

For further information please visit, [www.localtennisleagues.com/sunderland](http://www.localtennisleagues.com/sunderland)