

COMING SOON

# 2019 TENNIS PROGRAMME

NEWLANDS LTC

18 MOCHRUM RD, GLASGOW,  
G43 2QE

BLOCK 1 (5 WEEKS):  
MONDAY 7TH JANUARY -  
FRIDAY 8TH FEBRUARY

CLASSES AVAILABLE 7 DAYS A WEEK FOR ALL AGES  
AND ABILITIES.

NON MEMBERS MAY TRIAL 1 BLOCK BEFORE JOINING

FOR MORE INFO -

[STEELTENNIS@NEWLANDSLTC.CO.UK](mailto:STEELTENNIS@NEWLANDSLTC.CO.UK)

0141 632 1742 / 07931 500 191

[CLUBSPARK.LTA.ORG.UK/STEELTENNIS](http://CLUBSPARK.LTA.ORG.UK/STEELTENNIS)





**AT NEWLANDS, OUR FULLY QUALIFIED COACHING TEAM OFFER ALL PLAYERS A FUN, SAFE AND ENJOYABLE LEARNING ENVIRONMENT REGARDLESS OF STANDARD.**

**WE PROVIDE NUMEROUS GROUP SESSIONS ACROSS THE WEEK, IF YOU ARE UNSURE WHICH CLASS TO ATTEND PLEASE CONTACT ONE OF OUR COACHES WHO WILL BE HAPPY TO ASSIST.**

**OUR COACHES ARE ALSO AVAILABLE FOR INDIVIDUAL LESSONS AND SHOULD BE CONTACTED DIRECTLY TO ARRANGE.**

**CAITLIN STEEL 07805 523 717 £20 P/H**

**JENNIFER STEEL 07931 500 191 £20 P/H**

**PETER ROBINSON 07922 862 700 £15 P/H**

**EMMA GIBSON 07814 396 534 £15 P/H**

**GENERAL COACHING ENQUIRIES SHOULD BE SENT TO  
[STEELTENNIS@NEWLANDSLTC.CO.UK](mailto:STEELTENNIS@NEWLANDSLTC.CO.UK)**

**\*PLEASE NOTE NON MEMBERS MAY ATTEND  
ONE BLOCK OF COACHING BEFORE JOINING\***





## **BLOCK 1 DATES;**

**MONDAY 7TH JANUARY - FRIDAY 8TH FEBRUARY**

**MONDAYS (5 WEEKS);  
7TH, 14TH, 21ST, 28TH JAN AND 4TH FEB**

**TUESDAYS (5 WEEKS);  
8TH, 15TH, 22ND, 29TH JAN AND 5TH FEB**

**WEDNESDAYS (5 WEEKS);  
9TH, 16TH, 23RD, 30TH JAN AND 6TH FEB**

**THURSDAYS (5 WEEKS);  
10TH, 17TH, 24TH, 31ST JAN AND 7TH FEB**

**FRIDAYS (5 WEEKS);  
11TH, 18TH, 25TH JAN AND 1ST, 8TH FEB**

**SATURDAYS (4 WEEKS);  
12TH, 19TH, 26TH JAN AND 2ND FEB**

**SUNDAYS (4 WEEKS);  
13TH, 20TH, 27TH JAN AND 3RD FEB**





## **BOOKING INFORMATION - BLOCK 1;**

**MONDAY 7TH JANUARY - FRIDAY 8TH FEBRUARY**

**PRICES VARY DEPENDING ON THE NUMBER OF WEEKS, DURATION AND LOCATION (INDOOR OR OUTDOOR) OF SQUAD. CLASSES ARE FILLED ON A FIRST COME FIRST SERVED BASIS, AND AS SUCH WE RECOMMEND EARLY BOOKING. PLEASE CONTACT RECEPTION FOR MORE INFO.**

**SOME CLASSES WILL REMAIN OUTSIDE THIS BLOCK SO WE ASK THAT CHILDREN COME DRESSED APPROPRIATELY. IN THE EVENT OF OUTDOOR COURTS BECOMING UNPLAYABLE, PARENTS WILL BE CONTACTED AS SOON AS POSSIBLE.**

**PLEASE ENSURE YOU COMPLETE A REGISTRATION FORM TO ENSURE RECEPTION HAVE UP TO DATE CONTACT DETAILS WHEN MAKING PAYMENT.**





# TOTS



**TOTS TENNIS IS FOR PRE SCHOOL CHILDREN AGED 3 AND 4 YEARS OLD. PLAYERS LEARN THE BASICS THROUGH A SERIES OF FUN ACTIVITIES WHICH CHALLENGE THEIR BALANCE, CO-ORDINATION, AGILITY, MOVEMENT AND RACKET & BALL SKILLS.**

## CLASSES

**ALL SESSIONS ARE £3 PAYG**

**TUESDAY 3.30-4PM**

**WEDNESDAY 2-2.30PM**



# PARENT & CHILD



**PARENT & CHILD SESSIONS ARE FOR PRE SCHOOL CHILDREN AGED 2 -4 YEARS OLD. PLAYERS WORK WITH THEIR PARENT TO GO THROUGH FUN EXERCISES AND GAMES WHICH CHALLENGE THEIR BALANCE, CO-ORDINATION, AGILITY, MOVEMENT AND RACKET & BALL SKILLS. TEAM WORK ESSENTIAL!**

## CLASSES

**ALL SESSIONS ARE £3 PAYG**

**SUNDAY 9-9.30AM**



**MINI TENNIS RED IS FOR PLAYERS AGED 8 AND UNDER. IT IS PLAYED ON SMALL COURTS WITH SHORT RACKETS AND SPONGE BALLS OR FELT BALLS. IT'S JUST LIKE THE REAL GAME AND GIVES PLAYERS OPPORTUNITIES TO HAVE LONG RALLIES AND PLAY DIFFERENT TYPES OF SHOTS.**

## **CLASSES**

**\*INVITE ONLY**

**MONDAY - RED ACES\* - 4-5PM**

**TUESDAY - RED HITTERS (P1&P2) - 4-5PM**

**WEDNESDAY - RED HITTERS (P3&P4) - 4-5PM**

**SUNDAY - RED SMASHERS/HITTERS (P1-P4) - 9.30-10.30AM**

## **ADDITIONAL CLASSES**

**(MEMBERS ONLY)**

**FRIDAY - INTRO TO MATCHPLAY\* - 5-6PM**

**\*MUST BE ABLE TO SERVE, RALLY AND SCORE**

**SATURDAY - RED CLUB - 9-10AM**



# MINI ORANGE



MINI TENNIS ORANGE IS A GREAT WAY FOR PLAYERS TO CONTINUE THEIR PROGRESS FROM MINI TENNIS RED AND IS FOR PLAYERS AGED 8 AND 9. IT IS PLAYED WITH SHORTER RACKETS, SOFTER BALLS AND COURTS ARE BIGGER AND WIDER THAN THE RED STAGE BUT STILL SMALLER THAN FULL-SIZE TENNIS COURTS ALLOWING PLAYERS TO DEVELOP A ROUNDED GAME WHILST LEARNING A RANGE OF TECHNIQUES AND TACTICS.

## CLASSES

\*INVITE ONLY

**MONDAY - ORANGE ACES/SMASHERS\* - 6-7PM**

**WEDNESDAY - ORANGE HITTERS (P3&P4) - 4-5PM**

**THURSDAY - ORANGE/GREEN ACES\* - 6.30-8PM**

## ADDITIONAL CLASSES (MEMBERS ONLY)

**SATURDAY - ORANGE CLUB - 10-11AM**



# MINI GREEN



**MINI TENNIS GREEN IS A GREAT WAY FOR PLAYERS TO CONTINUE THEIR PROGRESS FROM MINI TENNIS ORANGE. IT IS PLAYED ON A FULL SIZE TENNIS COURT, WITH BIGGER RACKETS AND BALLS WHICH ARE A LITTLE SOFTER THAN YELLOW BALLS. IT'S THE NEXT STAGE BEFORE MOVING ON TO FULL COMPRESSION YELLOW BALLS ON A FULL SIZED COURT AND HELPS PLAYERS DEVELOP AND IMPROVE ALL ASPECTS OF THEIR GAME.**

## CLASSES

**\*INVITE ONLY**

**TUESDAY - GREEN ACES\* - 4.30-5.30PM**

**TUESDAY - GREEN/YELLOW GIRLS - 6-7PM**

**WEDNESDAY - GREEN/YELLOW BOYS - 5-6PM**

**THURSDAY - ORANGE/GREEN ACES\* - 6.30-8PM**

**SUNDAY - GREEN/YELLOW SMASHERS - 10.30-11.30 AM**

## ADDITIONAL CLASSES

**(MEMBERS ONLY)**

**SATURDAY - GREEN CLUB - 10-11AM**



# YELLOW



YELLOW TENNIS IS PLAYED ON A FULL SIZED COURT WITH FULL COMPRESSION YELLOW BALLS. WE HAVE SESSIONS AVAILABLE FOR ALL LEVELS OF PLAYER.

## CLASSES

**\*INVITE ONLY**

**MONDAY - YELLOW ACES (BOYS)\* - 6-7.30PM**

**MONDAY - YELLOW ACES (GIRLS)\* - 7.30-9PM**

**TUESDAY - GREEN/YELLOW HITTERS (GIRLS) - 6-7PM**

**TUESDAY - U16 SMASHERS - 7-8.30PM**

**WEDNESDAY - GREEN/YELLOW HITTERS (BOYS) - 5-6PM**

**THURSDAY - U12 ACES\* - 4-5.30PM**

**THURSDAY - U16 SMASHERS - 5-6.30PM**

**FRIDAY - YELLOW ACES\* - 7-8.30PM**

**SUN - GREEN/YELLOW SMASHERS -  
10.30-11.30AM**

## ADDITIONAL CLASSES

**(MEMBERS ONLY)**

**SATURDAY - YELLOW CLUB - 12-1PM**

# MINI AND JUNIOR COMPETITION

**ALL PLAYERS ATTENDING SQUADS AT NEWLANDS WILL  
BE ENCOURAGED TO COMPETE BOTH WITHIN THE CLUB  
AND AT EXTERNAL EVENTS.**

**IN ORDER TO COMPETE PLAYERS MUST HAVE A BRITISH  
TENNIS MEMBERSHIP (BTM) WHICH IS FREE TO SIGN UP  
FOR;**

**[WWW.LTA.ORG.UK/MEMBER](http://WWW.LTA.ORG.UK/MEMBER)**

## MATCHPLAY DATES

**SUNDAYS 12-1PM**

**13TH JANUARY - ORANGE**

**20TH JANUARY - GREEN**

**27TH JANUARY - RED**

**3RD FEBRUARY - YELLOW**



# ADULT



**ADULT CLASSES ALL RUN AS PAY AS YOU GO CLASSES.**

## CLASSES

**\*MEMBERS ONLY**

**MONDAY - LADIES MORNING - 10.30-11.30AM  
(£5 MEMBERS, £7 NON MEMBERS)**

**MONDAY - CLUB NIGHT\* - 7-9PM  
(FREE - MEMBERS ONLY)**

**WEDNESDAY - CARDIO TENNIS - 7-8PM  
(£5 MEMBERS, £7 NON MEMBERS)**

**SATURDAY - ADULT CLUB - 1-2PM  
(FREE - MEMBERS ONLY)**

**GENTS INTERMEDIATE SINGLES - DATES TBC**

**WE ALSO HAVE NUMEROUS TEAMS IN WEST LEAGUES AND PROVIDE  
COMPETITIVE OPPORTUNITIES WITHIN THE CLUB FOR ALL PLAYERS,**