

2019 ADULT TENNIS PROGRAMME

NEWLANDS LTC

**18 MOCHRUM RD, GLASGOW,
G43 2QE**

BLOCK 3 (11 WEEKS)

MONDAY 15TH APRIL -

FRIDAY 28TH JUNE

**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

0141 632 1742 / 07931 500 191

CLUBSPARK.LTA.ORG.UK/STEELTENNIS



@newlandsltc





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 (LEVEL 4) 07805 523 717 £25 P/H

JENNIFER STEEL (LEVEL 4) 07931 500 191 £25 P/H

PETER ROBINSON (LEVEL 4) 07922 862 700 £20 P/H

EMMA GIBSON (LEVEL 3) 07814 396 534 £15 P/H

**GENERAL COACHING ENQUIRIES SHOULD BE SENT TO
STEELTENNIS@NEWLANDSLTC.CO.UK**

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





BLOCK 3 DATES;

**MONDAY 15TH APRIL - FRIDAY 28TH JUNE
(11 WEEKS)**

THERE WILL BE NO COACHING ON OVER THE EASTER WEEKEND (19TH - 22ND APRIL INCLUSIVE), HOWEVER COACHING WILL REMAIN ON OVER THE MAY HOLIDAY WEEKENDS.





ADULTS



WE HOPE OUR NEW ADULT PROGRAMME PROVIDES SESSIONS FOR ALL LEVELS. PLEASE CONTACT A MEMBER OF THE COACHING TEAM IF YOU ARE UNSURE WHICH CLASS WOULD BE BEST TO ATTEND.

CLASSES

MONDAY - LADIES MORNING - 10.30-11.30AM

MONDAY - DOUBLES DRILLS/SOCIAL MATCHPLAY - 7-9PM

TUESDAY - BEGINNERS/NEW TO TENNIS - 7.30-8.30PM

WEDNESDAY - CARDIO TENNIS - 7-8PM

THURSDAY - DOUBLES DRILLS - 10-11AM

FRIDAY - CARDIO TENNIS - 10-11AM

SATURDAY - ADULT CLUB - 1-2PM

SUN - GENTS SINGLES - 10.30-11.30AM



CLASS DESCRIPTIONS



**LADIES MORNING (BEGINNER/INTERMEDIATE) -
RELAXED AND SOCIAL SESSION LOOKING AT BASIC DOUBLES TACTICS.**

**DOUBLES DRILLS/SOCIAL MATCHPLAY (INTERMEDIATE/LOWER TEAMS) -
AN HOUR OF DOUBLES DRILLS BASED ON A WEEKLY THEME FOLLOWED BY AN
HOUR OF SUPERVISED TIMED MATCHES.**

**BEGINNERS/NEW TO TENNIS (BEGINNERS)-
INTRODUCING THE BASICS SKILLS OF TENNIS ALONGSIDE THE RULES AND
VARIOUS SCORING SYSTEMS.**

**CARDIO TENNIS (ALL LEVELS)-
FUN, SOCIABLE TENNIS FITNESS CLASS FOR ALL AGES AND ABILITIES**

**DOUBLES DRILLS (TEAM PLAYERS)-
DRILLS AND TACTICS BASED ROUND WEEKLY THEMES**

**ADULT CLUB (ALL LEVELS) -
MIXTURE OF DRILLS AND POINTS FOR ALL MEMBERS**

**GENTS SINGLES (INTERMEDIATE/LOWER TEAM PLAYERS) -
TACTICAL SINGLES BASED SESSION INCLUDING DRILLS AND THEMED POINTS**