

NEWLANDS LTC

18 Mochrum Road, Newlands, Glasgow, G43 2QE
Tel 0141 632 1742
www.newlandsltc.co.uk



INFORMATION & APPLICATION PACK

The following literature will give you some information
on club facilities & costs of subscriptions for the year
1st April 2019 – 31st March 2020

Located in the South Side of Glasgow, Newlands Lawn Tennis Club is one of Scotland's top sports clubs. Much more than a Tennis Club, the club caters for team, social and junior tennis and squash, at all levels.

The facilities at the club are second to none:

- 4 indoor tennis courts
- 7 all weather tennis courts (4 floodlit)
- 5 glass backed squash Courts
- 2 well equipped Gyms
- Comfortable Clubhouse and Lounge Bar

TENNIS

Boasting 5 Ladies and 7 Gents Tennis Teams and over 15 Junior Teams, Newlands Teams and Individuals have collected a number of local and National trophies over the years. Ladies, Gents and Juniors Teams strive to win their leagues each year and within the Club we have very exciting Club Championships contested each year.

SQUASH

Newlands Lawn Tennis Club has five squash courts. All courts are glass backed and have ample viewing areas suitable for hosting major squash events. We have one of the largest and most vibrant squash communities in the city and all levels of players are gladly welcomed.

We have six teams in the West of Scotland Leagues.

There are around 13 squash mini-leagues at Newlands which are suitable for all levels of players. The leagues change every month due to promotion and relegation.

COACHING

Tennis and Squash coaching is available to our Members and we have resident coaches who operate Group and Individual programmes designed to fit all levels and individual requirements.

Tennis

Caitlin Steel, Jennifer Steel, Emma Gibson and Peter Robinson.

Squash Coaching

Mark Ford and Fraser McCann

GYM

Our Gym offers a facility which compliments and enhances our racquet sport facilities. Kitted out by TechnoGYM we have state of the art cardio and weights machines many with their own AV screens. We also have 4 resident personal trainers

who are available to devise tailored personal programmes for individuals to enable them to reach their fitness goals.

Our equipment includes:

4 Treadmills	3 True Vibe Plates
3 Cross trainers	TRX Suspension Training
2 Rowing machines	Punch Bag
2 Exercise bikes	Medicine Balls
Full range of Resistance equipment	Full range of Kettle Bells
Free Weights area	

As a Sports Club we want to encourage all our members to use the Gym facilities so all Senior Memberships are offered with a Gym add on option at great value for money.

We encourage our juniors to use the Gym as we wish to support increased sporting activity for all our younger members *but* we have to focus on safety etc. As a result junior rules are:

- Children aged **11 - 13** can use the Gym *only* if supervised by a Senior Member of the gym or someone **18 years** or over and their membership covers them to do so.
- Junior Members who are **14 years** or over can use the gym without supervision if their membership allows them to do so.

PERSONAL TRAINING

John Macnamara 07715 536310 Craig Davidson 07515 902933

Jacque Baird 07871 738150 Matt Carrigan 07766 513869

BAR AND CLUBHOUSE

On the upper level of the Clubhouse you will find a spacious bar which overlooks the outdoor tennis courts and provides a great viewing platform. There is also a pool table and a wide screen TV where we are delighted to show all major events in a relaxed environment. Families are welcome.

Bar Opening Times:

Monday–Thursday: 7 - 11 pm Friday: 5 - 11pm

Saturday: 12 pm –11 pm Sunday 12.30 pm -10:00 pm

SOCIAL

We know you will find NLTC to be very friendly and welcoming to new members and there are Tennis Social sessions arranged where players of any level can get together with like minded players for a game. Please contact Reception for details.

INDOOR TENNIS RATES & TIMES

SUMMER RATES :
£6 PER COURT PER HOUR AT ALL TIMES

WINTER RATES :
£8 PER HOUR - OFF PEAK
Monday – Friday 9am – 6pm
Saturday & Sunday 9am – 1pm and 6pm- 10pm

£11 PER HOUR - PEAK
Monday – Friday 6pm – 10pm
Saturday & Sunday 1pm – 6pm

JUNIOR WALK ON RATE - £4 PER COURT HOUR

CANCELLATION CHARGES

- NO SHOW £11 / £8
- CANCELLATION ON DAY £5.50 /£4
- 24 HOURS BEFORE BOOKING NO CHARGE

GUEST FEE £5 PER COURT FOR INDOOR TENNIS COURTS ONLY

Membership Type	Monthly Subscription without / with gym
Senior	£35/£40.42
Intermediate (18-23)	£21.25/£26.66
Student (18-23)	£15/£18.33
Junior	£15/£18.33
Family	£83.75/£89.16
Mini Family	£67.92/£73.33
Associate C	£6.83/£30
Restricted B	£15.83/ £30
Gym	£30
Mini	£7.92

Membership Details

1. If admitted, you agree to abide by the Rules and Constitution of the Club.
2. You may be called upon to attend a meeting with members of the Committee.
3. Senior, Intermediate, Student, Family, Mini Family and Gym memberships can be paid over 6 months depending on time of year of joining. Please contact reception for more details.

Senior	Full use of tennis, squash and clubhouse facilities at any time.
Intermediate	As senior (age 18 – 23 by 1 st April 2019)
Student	As senior (age 18-23 by 1 st April 2019) still in full time education, training or not employed.
Junior	As senior (age 10 - 17 by 1 st April 2019)
Family	2 senior members and unlimited juniors at the same address.
Associate C	Use of bar
Restricted B	Racket sports and gym access between 9am-5pm Mon- Fri / 6pm-10pm Sat & Sun.
Mini	Aged 4 - 9 allowing access to selected club coaching sessions for tennis and squash and play on mini tennis courts. With a mini membership there must also be a mini parent social membership taken.
Mini Parent Social	Allows use of bar.
Gym	Use of Gym (18 and over) and Bar

Membership Type	Annual Subscription without / with gym	Joining Fee	Please Tick
Senior	£420/£485	£100	
Intermediate (18-23)	£255/£320	Nil	
Student (18-23)	£180/£220	Nil	
Junior	£180/£220	£25	
Family	£1005/£1070	£150	
Mini Family	£815/£880	£150	
Associate C	£82/£360	Nil	
Restricted B	£190/ £360	£25	
Gym	£360	£25	
Mini	£95	Nil	

If applying for multiple memberships (family, mini and minis parent social) please fill in all relevant family members' details below:

Name:	Other Family Members
Date of Birth:	Name; Date of Birth:
Address:	Name Date of Birth:
	Name: Date of Birth:
Home phone;	Name: Date of Birth:
Mobile;	
Email:	Name: Date of Birth:

DATE..... £.....CC/CHQ/CASH

SIGNATURE OF APPLICANT

Membership of the Lawn Tennis Association

Registering with the LTA once you have joined the club is free of charge and is a benefit to both the club and member. Reception will automatically register you with the LTA unless you state otherwise.

Please tick appropriate boxes:

- No, I do not want to be registered with the LTA
- I intend to play for Newlands Lawn Tennis Club teams
- I am a player member at another club. Please state club.....

I (player name/ parent name if under 18*)
give permission / do not give permission * to be involved in publicity and club communications, including photographs, recording, filming for TV, video and Newlands LTC / Tennis Scotland material and social media. I understand that all images, film and sound recording produced are in accordance with the Recording and Publishing Images section of the Safeguarding Children and Young People Policy.