



# Linslade Tennis Club

Linslade Memorial Playing Field, Mentmore Road, Linslade LU7 2NY

## Adult Coaching Schedule

Day	Time	Group	Details:	Upfront Cost	PAYG Cost
Tuesday	7-8pm	Tennis Tuesdays (Ladies Only Group)	Each week's session focuses on a different area of the game to improve your ability with a mixture of skills training from professional coaches and match play with other women at your level. We provide the courts and rackets – you get the fun and can be as competitive as you want, without feeling under pressure.	Members: - £50 Non Members - £60 *10 week Term	Members: - £7 Non Members - £8
Friday	2-3pm	Tea and Tennis	This session is aimed at beginners who would like to learn the basics of tennis. It is a good course for those who would like to try tennis for the first time in a social and relaxed environment.	Members: - £50 Non Members - £60 *10 week Term	Members: - £7 Non Members £8
Friday	3-4pm	Rusty Rackets	This session is aimed at adults who want to return to tennis and have some playing experience. It is a good course for those who have been out of the sport for some time and need to brush up on their skills.	Members: - £50 Non Members - £60 *10 week Term	Members: - £7 Non Members £8
Friday	7-8pm	Adult Intermediate	This session is ideal for club players who regularly attend social tennis and are keen to learn more about match tactics.	Members: - £50 Non Members - £60 *10 week Term	Members: - £7 Non Members £8

\*Membership options can be found online on our website [www.clubspark.lta.org.uk/linsladetennisclub](http://www.clubspark.lta.org.uk/linsladetennisclub)

**Head Coach: Sara Bamford 07561-571578**