

Information & Application Pack

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, squash and racketball at all levels.

The facilities at the club include:

- 4 Indoor Tennis courts
- 7 Outdoor Floodlit Tennis Courts
- 5 glass backed Squash & Racketball Courts
- 2 fully equipped Gyms
- Clubhouse, Lounge Bar & Beer Garden
- Dart board, Pool Table & Table Tennis Table
- Fully staffed Reception
- Café Dropshot (Friday, Saturday, Sunday & Monday 9am – 3pm)
- Newlands Physiotherapy & Sports Injury Clinic www.newlandsphysiotherapy.co.uk

Tennis

Details of free coaching sessions for juniors and adult members can be found on our website <https://clubspark.lta.org.uk/NewlandsLTC/Coaching>

Tennis Coaching

Caitlin Steel (Head Coach)

Level 4 Accredited+

£30 per hour /£17 per 30 mins

07805 523717

Jennifer Steel (Head Coach)

Level 4 Accredited+

£30 per hour /£17 per 30 mins

07931 500191

Mark Malcom (Assistant Coach)

Level 4 Accredited

£30 per hour /£17 per 30 mins

07779 332150

Emma Gibson (Assistant Coach)

Level 3 Accredited

£20 per hour /£12 per 30 mi

07814 396534

Scott Macaulay (Assistant Coach)

Level 3 Accredited

£25 per hour /£12 per 30 mins

07739 048569

Russell Dickson (Assistant Coach)

Level 3 Accredited

£20 per hour /£12 per 30 mi

07802 847494

There may be a waiting list for coaches and there is a 24 hour cancellation policy.

Squash

Squash Coaching

The following Squash & Racketball coaching sessions are free to members:

Improvers Squash Night - Monday 6-7pm

Racketball Club Night - Tuesday 7-9pm

Ladies Squash Night - Thursday 6-7pm

Squash Club Night – Wednesday 7-9pm

FREE Junior Squash coaching runs most Saturdays throughout the year from **1pm-2pm** for age 5 -10 and **2pm-3pm** for age 10 & over led by our qualified coach Matt Bedwell. **Matt can be contacted on 07769 342958 for lessons at a cost of £18/45 mins.**

Fitness

Gym - Opening Times: 7 am until 10 pm

4 Treadmills

3 Cross trainers

2 Rowing machines

2 Exercise bikes

Full range of Resistance equipment

3 True Vibe Plates

TRX Suspension Training

Punch Bag

Medicine Balls & Kettle Bells

Free Weights area

Additional Gym – Cross Trainer, Vibro plate, barbells, free weights, punch bags and stretch mats

*Children aged 11-13 can use the Gym if supervised by a member aged 18 years or over where their membership covers them to do so. All gym members must have gym inductions prior to using the facilities.

Personal Training

Jacque Baird 07871 738150 - £35/hr

Matt Carrigan 07766 513869

Other Facilities & Membership Information

Bar, Clubhouse & Beer Garden

We have a spacious bar & coffee lounge with 3 wide screen TV's, Sky & BT Sport packages and a pool table all overlooking the outdoor tennis courts and beer garden. This is an amazing space for all kinds of functions which can hold up to 100 people and is available for hire to members. Catering can be provided by our very own Café Dropshot.

Bar Opening Times:

Mon to Thurs: 6.00 – 10pm **Fri:** 5 – 10pm **Sat:** 12.00pm – 10pm **Sun:** 12.30pm – 10pm

T: 0141 632 1742 | E: reception@newlandsltc.co.uk | www.newlandsltc.co.uk |



@newlandsltc

Membership Costs

Membership Type	Monthly Subscription Without / With gym	Annual Subscription Without / With gym
Senior	£41.20/£46.78	£480/£545
Intermediate (age 18-23)	£24.89/£31.33	£290/£365
Student (age 18-23)	£18.02/£21.46	£210/£250
Junior (age 10 -17)	£17.17/£20.60	£200/£240
Family	£97.42/£103.00	£1135/£1200
Mini Family	£87.55/£94.42	£1020/£1100
Social	£8.15/£33.90	£95/£395
Off Peak	£18.88/£33.90	£220/£395
Mini (P1- up to age 10)	£10.73	£125
Gym	£33.90	£395

Membership Categories

Senior	Full use of tennis, squash and Clubhouse facilities at any time.
Intermediate	As senior (age 18 - 23 on 1 st April 2024)
Student	As senior (age 18 - 23 on 1 st April 2024) and still in full time education or training.
Junior	As senior (age 10 - 17 by 1 st April 2024)
Family	2 senior members and unlimited juniors at the same address.
Mini Family	2 senior members and unlimited minis at the same address
Social	Use of bar
Off Peak	Racket sports and gym access between 9am- 5pm Mon- Fri / 6pm-10pm Sat & Sun.
Mini	Aged P1 up to age 10 - access to club coaching sessions for tennis & squash & play on mini tennis courts.
Gym	Use of Gym (18 and over) and Bar

APPLICATION FORM

Applicant Details

Name:

Date of birth:

Address:

Contact No:

Email:

Medical conditions:

Emergency Contact & No:

Membership category:

Amount Paid:

Date:

Method:

I (PRINT 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.

..... Signed Date

All safeguarding policies can be found on our website
<https://clubspark.lta.org.uk/NewlandsLTC/OurClub/ClubPolicies>

For reception use only:

- MyCourts
- Login
- Payment
- SS
- Email
- Cairns/Fob
- DD Link