

More Information

Adult social tennis: Wednesday and Friday evenings, Friday and Sunday mornings. Just turn up and play.

Ladder: unisex singles ladders run throughout the year.

Club Championship: mixed, men's and ladies' singles and doubles.

External competitions: we have teams in the Aegon, Surrey and Southwark leagues.

Cardio tennis: a high-energy fitness activity, which combines tennis with cardio-vascular exercises.

U3A Tennis: Wednesday morning.

Table tennis: Fridays 6:30-9:30pm

Coaching Programme

Our experienced coaches Peter Wright, John Connolly and Matt Cowie offer coaching for all ages and abilities in group or individual sessions. Please collect the coaching programme from the club or look at our website for further details. Tennis camps are also available during school holidays.

Contact: Peter Wright, Head Coach
07776 130 500

Coming Events

Comedy Night: Saturday, 24 March 7pm

Men's Doubles Tournament: Sat, 14 April 2-4 pm

Women's Tournament: Sat, 28 April 4:30-6:30pm

Wimbledon & Draw Quiz Night: Sat, 5th May 7pm

Open Day: Sunday, 8th July 11am

Junior Finals Green/Yellow: Saturday, 14th July 9am

Club Summer Party: Saturday, 21st July 8pm

Doubles Adult Tournament: Saturday, 28th July 11am

Comedy Night: Saturday, 15th September 7pm

Championship Finals Day and Barbecue:
Saturday, 6th October from 2pm

For further information, please contact:

Club Secretary

Peter 07776 130 500

Tennis Manager

Karla 07905 993 433

Membership Secretary

Grace 07932 735 543 or via
northdulwichtennis@yahoo.com



NDLTC

Spring Summer Programme 2018



Tim Henman at NDLTC

www.northdulwichtennis.co.uk

154a East Dulwich Grove, SE22 8TB

Day	Time
Monday	AM 8 - 12 noon PM 3.45 - 6.30pm Eve 7.00 - 9.00pm
Tuesday	AM 8 - 12 noon PM 3.45 - 6.30pm Eve 6:30 - 9.30pm
Wednesday	AM 10.00 -12noon PM 3.45 - 6.30pm Eve 6.30 - 9.30pm
Thursday	AM 8 -12noon PM 3.45 - 6.30pm Eve 6.30 - 9.30pm
Friday	AM 10.00 -12 noon PM 3.30 - 5.30pm PM 5.30 - 7.00pm Eve 7.00 - 9.30pm
Saturday	AM 8.15 -10am AM 10 - 12 noon PM 12.30 -1.30pm PM 1.30 - 3.30pm PM 3.30 - 4.30pm PM 4.30 - 9.30pm
Sunday	AM 9.00 -1.00pm PM 1.00 - 6.30pm Eve 6.30 - 8.30pm

Court 1	Court 2
Free Junior Coaching Team Practice	Free Junior Coaching Team Practice
Free Junior Coaching Free	Free Junior Coaching Free
Adult Coaching* Junior Coaching Social Adult Tennis	Adult Coaching Junior Coaching Social Adult Tennis
Free Junior Coaching Free	Free Junior Coaching Free
Adult Coaching* School Coaching Junior Match play Adult Social Tennis	Adult Coaching School Coaching Junior Match Play Adult Social Tennis
Junior Coaching Junior Coaching Free Junior Coaching Adult Coaching* Free	Junior Coaching Junior Coaching Cardio Tennis* Junior Coaching Adult Coaching* Free
Adult Social Tennis Free Free	Adult Social Tennis Free Free

Court 3	Court 4
Free Free Team Practice	Free Free Team Practice
Free Free Free	Free Free Free
U3A Session Free Free	U3A Session Free Free
Free Free Free	Free Free Free
Social Adult Tennis School Coaching Junior Match Play Adult Social Tennis	Social Adult Tennis School Coaching Junior Match Play Adult Social Tennis
Free Adult Coaching* Adult Coaching* Free Free Free	Free Adult Coaching* Adult Coaching* Free Free Free
Adult Social Tennis Free** Free	Adult Social Tennis Free** Free

*** Drop-in Sessions**

****Occasional League Matches played during this time. Please check website for pre-bookings.**

Floodlights Restrictions: 11May - 8 June and 11July -17 August until 9pm Monday to Saturday.