

Grantham Tennis Club & Gym

Adult and Junior Coaching Timetable



Reasons to have lessons at Grantham Tennis Club & Gym

- Sessions running all week for all ages and abilities
- Many sessions are indoor - great in the winter!
- 10+ strong coaching team with a mix of male and female coaches
- Non-members more than welcome
- Individual coaching is available
- Warm, friendly, vibrant club with a cafe on-site serving homemade food

Tennis, Tots & Teas - 2 to 5 years old + Parent / Guardian

Free filter coffee or tea after the session!

Coach: Megan
Tuesday: 10.30am to 11.30am
(Starting 10th September)

Tots Club - 3 to 5 years old

Coaches: Lewis, Megan, Cerys & Tim

Monday: 4pm to 4.45pm
Tuesday: 4.15pm to 5pm
Friday: 1pm to 1.45pm
Saturday: 9am to 10am (Drop in)
Sunday: 9am to 9.45am & 9.45am to 10.30am

Prices
Lessons run with the school terms - First term is 7 weeks, second term is 8 weeks.
Members: £6 / Non Members: £8 (per session)
Drop In's - Turn up whenever you want! No commitment!
Members: £4.50 / Non Members: £6.50

Tennis For Kids - 5 to 9 years old

Coaches: Megan & Paul

Monday: 4pm to 5pm
Friday: 4pm to 5pm

£25 for six sessions
(players also receive a racket, personalised shirt and three mini red tennis balls)

T4K is a great introduction to tennis!

Red Club - 5 to 8 years old

Coaches: Lewis, Megan, Richard, Paul, Tim & Cerys

Tuesday: 4pm to 5pm
Friday: 4pm to 5pm
Saturday: 9am to 10am (Drop in)
Sunday: 9am to 10am, 10am to 11am & 11am to 12 noon

Mini Invitational - LPDC (Local Player Development Club)

Coaches: Simon & Lewis

Red: Monday 4pm to 5.30pm & Wednesday 4pm to 5.30pm
Orange & Green: Monday 5pm to 7pm, Wednesday 5pm to 7pm & Thursday 5.30pm to 7pm

Orange Club - 9 years old

Coaches: Lewis, Megan, Richard, Paul & Tim

Tuesday: 5pm to 6pm
Friday: 5pm to 6pm
Saturday: 9am to 10am (Drop in)
Sunday: 10am to 11am

Green Club - 10 years old

Coaches: Lewis, Megan, Richard & Paul

Tuesday: 6pm to 7pm
Friday: 6pm to 7pm
Saturday: 10am to 12 noon (Drop in)
Sunday: 11am to 12 noon

Junior Club - 11 to 14 years old

Coaches: Lewis, Megan, Richard, Paul, Tim & James

Monday: 5pm to 6pm
Tuesday: 5pm to 6pm & 6pm to 7pm
Thursday: 7pm to 8pm (Cardio Tennis)
Friday: 5pm to 6pm & 6pm to 7pm
Saturday: 10am to 12 noon (Drop in)
Sunday: 12 noon to 1pm

Teen Club - 15 to 18 years old

Coaches: Lewis, Megan, Richard, Paul, Tim & James

Monday: 5pm to 6pm
Tuesday: 5pm to 6pm
Wednesday: 5pm to 6pm
Thursday: 7pm to 8pm (Cardio Tennis)
Friday: 7pm to 8pm
Saturday: 10am to 12 noon (Drop in) & 12 noon to 1pm

Junior Invitational

Coaches: Simon, Richard & Paul

Monday: 7am to 8.30am, 5pm to 7pm & 7pm to 8pm
Wednesday: 7am to 8.30am
Saturday: 10am to 12 noon

Girls Only Club

Coaches: Richard & Tim

Thursday: 5pm to 6pm & 6pm to 7pm
Friday: 6pm to 7pm

Junior & Teen Disability Tennis

Coaches: Paul, Lewis, James, Cerys & Neil

LD: Thursday 3.30pm to 4.30pm & 4.30pm to 5.30pm, Saturday 2.30pm to 3.30pm
Wheelchair: Wednesday 11am to 12 noon, Friday 1pm to 2.30pm, Saturday 1pm to 2.30pm

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All GTC coaches are LTA Qualified with current DBS checks, valid First Aid and Safeguarding qualifications.
 In inclement weather conditions, please call your coach / reception who will advise if the lesson is still running.
 You do not have to be a member to have lessons at the tennis club.
 Coaches and court allocation may change during or after each term.

<u>Level & Title</u>	<u>Name</u>	<u>Contact Number</u>
Level 5 – Head of LPDC	Simon Pender	07971 141369
Level 4 – Head of Yellow Ball Performance	Richard Cragg	07375 666679
Level 3 – Head Coach	James Prior	07903 027374
Level 3	Megan Jones	07910 036331
Level 3	Lewis Rae	07787 425563
Level 3	Paul Singleton	07824 772660
Level 3	Rob Start	07713 116834
Level 3	Sarah Patton	07930 900979
Level 2	Cerys Jones	07914 683524
Level 2	Tim Martin	07852549915
Level 2	Neil Rossiter	07966 596142

<u>Adult Coaching Sessions</u>				
<u>Group</u>	<u>Day</u>	<u>Time</u>	<u>Coach</u>	<u>Price</u>
Tennis Xpress	Mon	7pm - 8pm	Paul Singleton	Mem: £48 - Non Mem: £64 (8 weeks)
Tennis Xpress	Sun	9am - 10am	Simon Pender	Mem: £48 - Non Mem: £64 (8 weeks)
Adult Improvers	Mon	8pm - 9pm	Paul Singleton	Mem: £48 - Non Mem: £64 (8 weeks)
Adult Improvers	Thu	7pm - 8pm	Simon Pender	Mem: £48 - Non Mem: £64 (8 weeks)
60+ Adult Coaching (Yellow Ball)	Tue	1.30pm - 2.30pm	Lewis Rae	Mem: £6 - Non Mem: £8
60+ Adult Coaching (Mini Tennis)	Tue	1.30pm - 2.30pm	James Prior	Mem: £6 - Non Mem: £8
Adult Coaching	Tue	10am - 11am	Lewis Rae	Mem: £6 - Non Mem: £8
Adult Coaching	Thu	1pm - 2.30pm	James Prior	Mem: £9 - Non Mem: £12
Adult Coaching	Sat	1pm - 2pm	James Prior	Mem: £6 - Non Mem: £8
Adult Coaching	Sun	11am - 12 noon	Lewis Rae	Mem: £6 - Non Mem: £8
Technique Group	Mon	12 noon - 1pm	Richard Cragg	Mem: £28 (4 weeks)
Technique Group	Wed	12 noon - 1pm	Simon Pender	Mem: £28 (4 weeks)
Match Practice	Tue	7pm – 8pm	James / Meg	Members Only: £6
Cardio Tennis	Mon	7pm – 8pm	Megan Jones	Mem: £6 - Non Mem: £8
Cardio Tennis	Thu	7pm - 8pm	Lewis Rae	Mem: £6 - Non Mem: £8
Cardio Tennis	Fri	9.30am - 10.30am	Megan Jones	Mem: £6 - Non Mem: £8
Cardio Tennis	Sat	9am - 10am	Sarah Patton	Mem: £4.50 - Non Mem: £7
LD Coaching	Thu	3.30pm - 4.30pm	James Prior	Mem: £6 - Non Mem: £8
LD Coaching	Thu	4.30pm - 5.30pm	James Prior	Mem: £6 - Non Mem: £8
LD Coaching	Sat	2.30pm - 3.30pm	Paul Singleton	Mem: £6 - Non Mem: £8
Beginners Wheelchair Coaching	Wed	11am - 12 noon	Paul Singleton	Mem: £6 - Non Mem: £8
Wheelchair Coaching	Fri	1pm - 2pm	Paul Singleton	Mem: £6 - Non Mem: £8
Wheelchair Coaching	Sat	1pm - 2.30pm	Paul Singleton	Mem: £6 - Non Mem: £8

Membership Information

Mini Junior (Primary School) - £3.50 per month
 Junior (Secondary School) - £7.50 per month
 Adult (19+) - £22 per month
 Many other options available!

Parents of Tennis Players

If your son or daughter is having a lesson at the club,
 you can use the gym for £7.50 (per session).
 Ask for more information!

Camp Dates

October Half Term Camp – 28th Oct to 1st Nov
 Christmas Camp – 23rd Dec & 2nd / 3rd Jan

Keep an eye out for posters!

Social Media / Club Updates

Keep up to date with what goes on at the club...

Sign up to our mailing list, like our Facebook page and
 follow our Twitter and Instagram profile.