



# Grantham Tennis Club & Gym

## Summer Coaching Timetable

### Week Commencing 7 June – 25 July 2021

#### Course Information

All of GTC's coaches are LTA qualified with current DBS checks along with a valid First Aid qualification.

If you are not sure which group is right for you, contact reception for advice.

In inclement weather conditions, please call your coach or reception who will advise if the lesson is still on.

You **do not** have to be a member to have lessons within the coaching programme, apart from any Performance and Competition squads.

#### Drop In Sessions: No need to book – just turn up

Level	Day	Time	Lead Coach	Price
Tots Drop-in (3 to 5 years old)	Sat	9am – 10am	Stuart Calow	Mem: £5 – Non-mem: £7
Mini Drop-in (5 to 9 years old)	Sat	9am – 10am	Stuart Calow	Mem: £5 – Non-mem: £7
Junior Drop-in (10+ years old)	Sat	10am – 12noon	Stuart Calow	Mem: £6 – Non-mem: £8
Cardio Tennis (10+ years old)	Sat	9am – 10am	Sarah Patton	Mem: £3 – Non-mem: £5
Junior Disability	Sat	12noon – 1pm	Paul Singleton	£5 Mem/Non-mem
Wheelchair Coaching	Sat	1pm – 2.30pm	Paul Singleton	Mem: £10.50 – Non-mem: £13.50
Learning Disability Coaching	Thu	3.30pm – 4.30pm	Paul Singleton	Mem: £7 – Non-mem: £9
Learning Disability Coaching	Thu	4.30pm – 5.30pm	Paul Singleton	Mem: £7 – Non-mem: £9
Learning Disability Coaching	Sat	2.30pm – 3.30pm	Paul Singleton	Mem: £7 – Non-mem: £9

#### Tots Courses: 3 - 5 Years & Under

Level	Day	Time	Coach
Dev	Tue	4.15pm – 5pm	Megan Jones
Dev	Sun	9am – 10am	Megan Jones

#### Mini Green Courses: 10 Years & Under

Level	Day	Time	Coach
Perf	Mon	5pm – 6.30pm	Lewis Rae
Green	Tue	6pm – 7pm	Stuart Calow
Perf	Wed	5pm – 6.30pm	Lewis Rae
Perf	Thu	5pm – 6pm	James Ford
Green	Fri	6pm – 7pm	Stuart Calow
Green	Sun	11am – 12 noon	Megan Jones

#### Mini Red Courses: 8 Years & Under

Level	Day	Time	Coach
Perf	Mon	4pm – 5pm	Lewis Rae
Red	Tue	4pm – 5pm	Stuart Calow
			Paul Singleton
			James Ford
Perf	Wed	4pm – 5pm	Lewis Rae
Red	Fri	4pm – 5pm	Stuart Calow
			Paul Singleton
Red	Sun	9am – 10am	Felix Beech
Invite	Sun	9am – 10am	Lewis Rae
Red	Sun	10am – 11am	Felix Beech

#### Junior Yellow Ball Full Tennis (11 to 14 years old)

Level	Day	Time	Coach
Yellow	Mon	5pm – 6pm	Megan Jones
Comp	Mon	5pm – 7pm	Paul Singleton
Perf	Mon	6.30pm – 8pm	Lewis Rae
Perf	Tue	7am – 8.30pm	James Ford
Yellow	Tue	5pm – 6pm	James, Meg, Paul
Yellow	Tue	6pm – 7pm	Paul Singleton
Comp	Wed	5pm – 6pm	James Ford
Perf	Wed	6.30pm – 8pm	Lewis Rae
Perf	Thur	7am – 8.30am	James Ford
Perf	Thur	4pm – 5.30pm	Lewis Rae
Girls C	Thur	5.30pm – 7pm	Paul Singleton
Girls	Thur	6pm – 7pm	Stuart Calow
Yellow	Fri	6pm – 7pm	Paul Singleton
			James Ford
Comp	Sat	10am – 12 noon	James Ford
Yellow	Sun	11am – 12 noon	Felix Beech

  

Level	Day	Time	Coach
Teen	Yellow	Ball (Full Tennis)	14yrs to 18yrs

#### Mini Orange Courses: 9 Years & Under

Level	Day	Time	Coach
Perf	Mon	5pm – 6.30pm	Lewis Rae
Orange	Tue	5pm – 6pm	Stuart Calow
Perf	Wed	5pm – 6.30pm	Lewis Rae
Perf	Thur	5pm – 6pm	James Ford
Orange	Fri	5pm – 6pm	Stuart Calow
Orange	Sun	10am – 11am	Megan Jones



**7 week term – £49 Members/£63 Non-members**

Yellow	Mon	5pm – 6pm	Tim Martin
Perf G	Mon	7pm – 8.30pm	Megan Jones
Comp	Wed	6pm – 7pm	James Ford
Girls	Thur	6pm – 7pm	Stuart Calow
Girls	Fri	6pm – 7pm	Tim Martin
Yellow	Fri	7pm – 8pm	Paul Singleton
Comp	Sat	10am – 12noon	Paul Singleton
Comp	Sat	12noon – 1pm	Stuart Calow



# Grantham Tennis Club & Gym

## Adult Summer Coaching Timetable

### Course Information

All of GTC's coaches are LTA Qualified with current DBS checks along with a valid First Aid qualification.

If you are not sure which group is right for you, contact reception for advice.

In inclement weather conditions, please call your coach or reception who will advise if the lesson is still on.

You **do not** have to be a member to have lessons within the coaching programme.

Coaches and court allocation may change after each term.

Level & Title	Name	Contact Number
Level 4	Stuart Calow	07590 261289
Level 4	James Ford	07857 291256
Level 3	Megan Jones	07910 036331
Level 3	Lewis Rae	07787 425563
Level 3	Sarah Patton	07930 900979
Level 3	Paul Singleton	07824 772660
Level 3	Rob Start	07713 116834
Level 2	Tim Martin	07852 549915
Level 2	Sue Stannard	07732 498887

### Adult Coaching Sessions

Level	Day	Time		Lead Coach	
Technique Group	Mon	12noon – 1pm		Paul Singleton	Course £49 members £63 non-members
Adult Beginners	Mon	7pm – 8pm		Paul Singleton	Course £49 members £63 non-members
Adult Improvers	Mon	8pm – 9pm		Paul Singleton	Course £49 members £63 non-members
Ladies Coaching All Standards	Tue	10am – 11am		Lewis Rae Sue Stannard	Drop in £7 members £9 non-members
Pair and Play Doubles	Tue	11am – 12.30pm		Stuart Calow	Drop in £10.50 members £13.50 non-members
65+ Adult Improvers	Tue	1.30pm – 2.30pm		Lewis Rae	Drop in £7 members £9 non-members
65+ Walking Tennis	Tue	1.30pm – 2.30pm		Stuart Calow	Drop in £7 members £9 non-members
Ladies 3 <sup>rd</sup> Team	Tue	7pm – 8.30pm		James Ford	Invitation Course please ask for details
Adult Improvers	Tue	7pm – 8pm		Stuart Calow	Course £49 members £63 non-members
Feeling Good All Standards	Wed	10am – 11am		Lewis Rae Stuart Calow	Drop in £5 members £6 non-members
Ladies 1 <sup>st</sup> / 2 <sup>nd</sup> Team	Wed	6pm – 7pm		Stuart Calow	Invitation Course please ask for details
TieBreak 10's Advanced	Wed	8pm – 9.30pm		Steve Wallace	Invitation Drop-in please ask for details
Adult Improvers/intermediates	Thu	1pm – 2.30pm		Stuart Calow	Drop in £10.50 members £13.50 non-members
Ladies Improvers	Thu	7pm – 8pm		James Ford	Course £49 members £63 non-members
Adult All Standards	Sat	1pm – 2pm		Stuart Calow	Drop in £7 members £9 non-members
Cardio Tennis	Fri	9.30am - 10.30am		Megan Jones	Drop in £7 members £9 non-members
Cardio Tennis	Sat	9am – 10am		Sarah Patton	Drop in £5 members £7 non-members
Walking Tennis	Mon	1pm – 2pm		Paul Singleton	Drop in £5 members and non-members
Walking Tennis	Mon	2pm – 3pm		Paul Singleton	Drop in £5 members and non-members
LD Coaching	Thu	3.30pm – 4.30pm	In	Paul Singleton	Drop in £7 members £9 non-members
LD Coaching	Thu	4.30pm – 5.30pm	In	Paul Singleton	Drop in £7 members £9 non-members
LD Coaching	Sat	2.30pm – 3.30pm	In	Paul Singleton	Drop in £7 members £9 non-members
Wheelchair Coaching	Sat	1pm – 2.30pm	In	Paul Singleton	Drop in £10.50 members £13.50 non-members