

Grantham Tennis Club & Gym

Gonerby Road, Grantham, NG31 8HU
01476 591391 | info@granthamtennisclub.co.uk | www.granthamtennisclub.co.uk



Course Information

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

In inclement weather conditions, please call 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 or competition groups.

Coaches and court allocation may change after each term.

Drop In Sessions: No need to book - Just turn up!

Level	Day	Time	Coach	Price
Tots & Mini Drop In (3 to 9 years old)	Sat	9am - 10am	Stuart Calow	Mem: £5 - Non-Mem: £7
Junior Drop In (10+ years old)	Sat	10am - 12 noon	Chris Enock	Mem: £6 - Non-Mem: £8
Junior Disability	Sat	12 noon - 1pm	Chris Enock	£5 per player
Cardio Tennis (10+ years old)	Wed	7pm - 8pm	Megan Jones	Mem: £7 - Non-Mem: £9
Cardio Tennis (10+ years old)	Fri	9.30am - 10.30am	Megan Jones	Mem: £7 - Non-Mem: £9
Cardio Tennis (10+ years old)	Sat	9am - 10am	Sarah Patton	Mem: £5 - Non-Mem: £7
Wheelchair Coaching	Sat	1pm - 2.30pm	Chris Enock	Mem: £10.50 - Non-Mem: £13.50
Learning Disability Coaching	Sat	2.30pm - 3.30pm	Chris Enock	Mem: £7 - Non-Mem: £9
Learning Disability Performance Coaching	Thu	3.30pm - 4.30pm	James Pitcher	Mem: £7 - Non-Mem: £9
Learning Disability Coaching	Thu	4.30pm - 5.30pm	James Pitcher	Mem: £7 - Non-Mem: £9

Termly Coaching

Lessons run along the school half terms so vary in length (five to eight weeks).

Each term is to be paid in advance or on the first week of lessons. Development and competition lessons cost £7 for members and £9 for non-members per hour.

Performance and competition lessons are invite only. Please speak to the Reception for more information.

Tots Course: 3 to 5 years old

Level	Day	Time	Coach
Dev	Tue	4pm - 5pm	Megan Jones
Dev	Thurs	4pm - 5pm	Megan Jones

Mini Red Course: 5 to 8 years old

Level	Day	Time	Coach
Perf	Mon	4pm - 5pm	Lewis Rae
Dev	Tue	4pm - 5pm	Billy Frohmaier
Comp	Tue	4pm - 5pm	Stuart Calow
Perf	Wed	4pm - 5pm	Lewis Rae
Comp	Fri	4pm - 5pm	Billy Frohmaier
Dev	Sun	9am - 10am	Billy Frohmaier

Mini Orange Course: 9 years old

Level	Day	Time	Coach
Perf	Mon	5pm - 7pm	Lewis Rae
Dev	Tue	5pm - 6pm	Stuart Calow
Comp	Tue	5pm - 6pm	Stuart Calow
Perf	Wed	5pm - 7pm	Lewis Rae
Dev	Fri	5pm - 6pm	Stuart Calow
Comp	Fri	5pm - 6pm	Stuart Calow
Dev	Sun	10am - 11am	Billy Frohmaier

Mini Green Course: 10 years old

Level	Day	Time	Coach
Perf	Mon	5pm - 7pm	Lewis Rae
Dev	Tue	6pm - 7pm	Stuart Calow
Comp	Tue	6pm - 7pm	Stuart Calow
Perf	Wed	5pm - 7pm	Lewis Rae
Dev	Fri	6pm - 7pm	Stuart Calow
Comp	Fri	6pm - 7pm	Stuart Calow
Dev	Sun	10am - 11am	Billy Frohmaier

Junior Yellow Ball Course: 11 to 14 years old

Level	Day	Time	Coach
Dev	Tue	5pm - 6pm	Megan Jones
Dev	Tue	6pm - 7pm	James Pitcher
Dev	Fri	6pm - 7pm	Megan Jones
Dev	Fri	6pm - 7pm	James Pitcher

Teen Yellow Ball Course: 15 to 18 years old

Level	Day	Time	Coach
Dev	Tue	6pm - 7pm	Megan Jones
Dev	Tue	5pm - 6pm	Richard Cragg
Girls	Thur	6pm - 7pm	Megan Jones
Dev	Fri	5pm - 6pm	Megan Jones
Dev	Fri	5pm - 6pm	James Pitcher

Yellow Ball Competition and Performance: 11 to 18 years

Level	Day	Time	Coach
Perf	Mon	5pm - 6.30pm	James Ford
Comp	Mon	5pm - 6.30pm	Richard Cragg
Perf	Mon	6.30pm - 8pm	James Ford
Comp	Mon	6.30pm - 8pm	Richard Cragg
Perf	Tues	7am - 8.30am	James Ford
Perf	Wed	4.30pm - 6pm	James Ford
Perf	Wed	6pm - 7pm	James Ford
Comp	Wed	4.30pm - 6pm	Stuart Calow
Comp	Thur	5pm - 6pm	Megan Jones
Perf	Sat	10am - 12am	Stuart Calow

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Course Information

All of GTC's coaches are LTA Qualified with current DBS checks along with a valid First Aid qualification. In inclement weather conditions, please call reception who will advise if the lesson is still on. Some adult groups do move indoors over the winter period.

You **do not** have to be a member to have lessons within the coaching programme. Exceptions apply. Coaches and court allocation may change after each term.

Termly Coaching

Termly lessons run along the school half terms so vary in length (five to eight weeks). Drop In's run every week. Extra lessons run during school holidays.

Each term is to be paid in advance or on the first week of lessons. Lessons cost £7 for members and £9 for non-members per hour.

Adult Coaching Sessions				
Level	Day	Time	Coach	Note / Cost
Adult Beginners	Mon	7pm - 8pm	Megan Jones	Termly session
Adult Improvers	Mon	8pm - 9pm	Megan Jones	Termly session
Adult Coaching	Tue	10am - 11am	Lewis Rae	Drop In: £7 members / £9 non-members. All abilities
50+ Adults	Tue	1.30pm - 2.30pm	Lewis Rae	Drop In: £7 members / £9 non-members
Womens 3 rd Team	Tue	7pm - 8pm	James Ford	Invitation course. Please ask Reception for details
Adult Improvers	Tue	7pm - 8pm	Richard Cragg	Termly session
Technique	Tue	11am - 12am	Richard Cragg	See Poster
Feeling Good	Wed	10am - 11am	James Ford	Drop In: £6 members / £7 non-members
Feeling Good	Fri	1pm - 2pm	James Pitcher	Drop In: £5 members / £6 non-members
1 st /2 nd Team - Women	Wed	6pm - 7pm	Stuart Calow	Invitation course. Please ask Reception for details
3 rd Team - Men	Wed	7pm - 8pm	Stuart Calow	Invitation course. Please ask Reception for details
Adult Improvers / Intermediates	Thur	1pm - 2.30pm	Stuart Calow	Drop In: £10.50 members / £13.50 non-members
Adult Beginners	Fri	7pm - 8pm	Billy Frohmaier	Termly session
Adult Coaching	Sat	1pm - 2pm	Billy Frohmaier	Drop In: £7 members / £9 non-members. All abilities
Adult Drop In	Sun	11am - 12 noon	Billy Frohmaier	Drop In: £7 members / £9 non-members. All abilities
Cardio Tennis	Wed	7pm - 8pm	Megan Jones	Drop In: £7 members / £9 non-members. All abilities
Cardio Tennis	Fri	9.30am - 10.30am	Megan Jones	Drop In: £7 members / £9 non-members. All abilities
Cardio Tennis	Sat	9am - 10am	Sarah Patton	Mem: £5 - Non-Mem: £7
Walking Tennis	Mon	12.30pm - 1.30pm	James Pitcher	Drop In: £6 members. All abilities
Walking Tennis	Mon	1.30pm - 2.30pm	James Pitcher	Drop In: £6 members. All abilities
Pickleball	Wed	7pm - 9pm	Nikki Rae	Drop In: £10
Pickleball	Sat	3.30pm - 5pm	Chris Enock	Drop In: £7.50
Learning Disability Performance Coaching	Thur	3.30pm - 4.30pm	James Pitcher	Drop In: £7 members / £9 non-members
Learning Disability Coaching 2	Thur	4.30pm - 5.30pm	James Pitcher	Drop In: £7 members / £9 non-members
Learning Disability Coaching	Sat	2.30pm - 3.30pm	Chris Enock	Drop In: £7 members / £9 non-members
Wheelchair Coaching	Sat	1pm - 2.30pm	Chris Enock	Drop In: £10.50 members / £13.50 non-members

Grantham Tennis Club Coaches	
Level	Name
Level 4	Stuart Calow
Level 4	Richard Cragg
Level 5	James Ford
Level 3	Megan Jones
Level 3	Lewis Rae
Level 3	Sarah Patton
Level 3	Rob Start
Level 2 Instructor	James Pitcher
Level 2 Instructor	Chris Enock
Level 2 Instructor	Billy Frohmaier

Coach biographies are displayed in the cafe

Coaches are responsible for their own individual lessons which includes providing equipment and also booking a court.

If you are interested in having individual lessons, contact Reception and you will be added to the list and a coach will be assigned to get in contact with you depending on availability.

Non-members can have lessons but will be charged a visitor fee.

If players would like their lesson indoors, they will need to pay the court hire rate.

If the lesson is outdoors and floodlights are required, they will be charged at the current rate.

Any fees needed to be paid should be done at Reception before the lesson. The coach will sort payment for the coaching with the player.