

# GRANTHAM TENNIS CLUB

August 1, 2023

From the Clubhouse



We are excited to bring you the latest edition of our newsletter, filled with updates and insights on the latest trends and developments in our club. As always, our team has worked hard to curate a selection of articles and features that we believe will be of interest to you.

In this edition, we will be exploring a range of topics, including new shop products, club events, and tennis

community stories. We hope that you will find these articles thought-provoking, and that they will help you stay up-to-date with our club.

As always, we welcome your feedback and suggestions for future editions of our newsletter. Please feel free to reach out to us with any comments or questions you may have at the email or telephone number provided below.

# NEWS

## GTC Members visit Wimbledon



Wimbledon offers a unique and immersive experience to both players and spectators alike. For players, the tournament represents the epitome of tennis excellence, and winning the coveted Wimbledon title is a career-defining achievement. The atmosphere at the All England Club is electrifying, with passionate fans filling the stands and indulging in strawberries and cream, a quintessential Wimbledon tradition.

For spectators, attending Wimbledon is a dream come true. The hallowed grounds exude a sense of history and tradition. From queuing outside the gates to witnessing intense matches on the iconic Centre Court or Court No. 1, spectators are treated to the best of tennis while being immersed in a quintessentially British atmosphere. The meticulously manicured grounds, decorated with beautiful flower arrangements, create a captivating setting for this prestigious sporting event.

We asked a few of our members and coaches about their experiences at Wimbledon. They said the following...

“My first time on Centre Court and around the

beautiful club on finals day. Fresh tasting strawberries and cream, combined with the entertaining brass band, and high energy from a large crowd on Henman Hill watching Alfie Hewitt battling in singles final on big screen and court 1 created the perfect buildup to a unique atmosphere. Approaching time of play, directed through the gangway next to Fred Perry statue, the outcome of the Gentlemen's Singles final was the topic of discussion as everyone found their seats. Opportunities for photographs near the iconic greens before players arrive, fans were already chanting both Djokovic and Alcaraz names.

The match completely tested the players both emotionally and physically, which will forever go down as one of the greatest in the tournament's history. The crowd constantly holding their breath, anxious, emotional, and euphoric after each point and everyone physically drained and trying to absorb the quality of this amazing sport we all love and witnessed. The day concluded with a closely contested Ladies doubles Final, with the roof closed to maintain the high energy and emotions of the day which was overall perfect.”

- Stuart Calow

“Great day out at Wimbledon on the first Thursday. The sun shone on Court one, the Pimms flowed and we saw Alexander Zverev, Donna Vekic and Jessica Pegula all win. We met up with Tracy and Mark Hobson whose son, Ben works for the BBC. We were privileged to be shown the BBC studios and rubbed shoulders with Martina Navratilova, John Lloyd and Mats Wilander. If you get a chance to attend the Championships and haven't been before then go, it's a fabulous day out. To be in such an iconic venue with all the flowers, history and atmosphere is a lifetime box to tick.” - Elaine & Nigel Maplethorpe

“Wimbledon has to be my favourite 2 weeks of the year. The weather was perfect, the tennis was amazing and the Pimms was very refreshing! I would recommend this unique and wonderful place to visit to anyone who loves tennis!” - Lewis Rae



# NEWS

## GTC's Wimbledon Tournament



As the third round was coming to an end, the grey clouds covered the sky, and the rain was torrential. Everyone managed to dash for cover before getting drenched! Thankfully it was only a 10-minute shower, so the final round continued to be played even if cut slightly short.

Final standings had Fiona and Mike as the winning female and male. As a result, they get to keep the trophy six months each. A great morning of tennis enjoyed by all!

The trophy was donated to the club by the Rowe family to remember their parents May and Harry who were members of the club and loved tennis. The engraving on the trophy at the family's request reads, "Remembering great games"



The weather was windy, but the sun was out at the start of our inaugural Wimbledon social tournament last weekend. The event was at full capacity to mark the men's finals day at Wimbledon. The standard wasn't quite like at Wimbledon, but the enjoyment was better, no... smashing of rackets on the net post.

The first round started just after 10am following a quick warm up. Some players were already looking forward to strawberries and cream at the first break. Halfway through, scores were very close. The two players with the most games after the four rounds would claim the winning title. Each round, players had to change court and get a new partner. Even if losing, every game counts at the end.

# NEWS

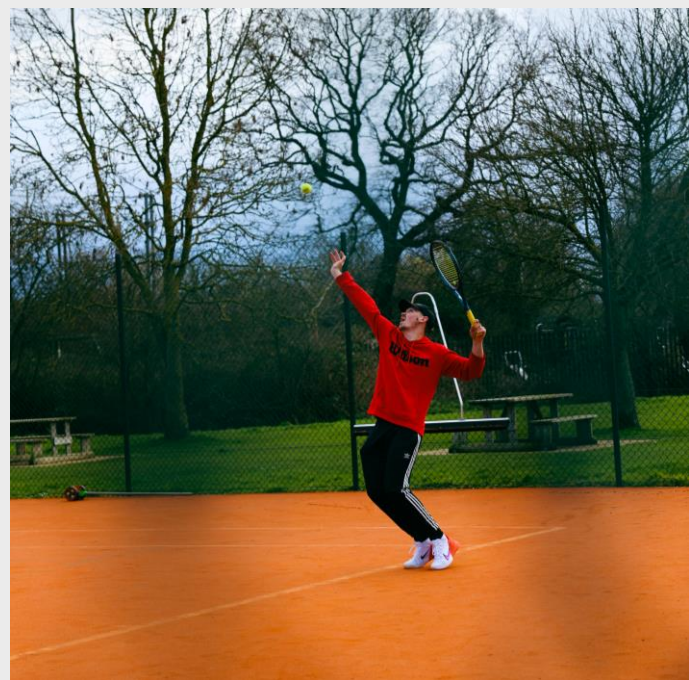
## Stress Busting During Exams



Tennis is more than just a sport; it is a powerful tool for managing stress and enhancing mental and emotional well-being. Through the combination of physical activity, mindfulness, social interaction, and a sense of achievement, tennis provides a holistic approach to stress relief.

We were pleased to see students from schools all around Grantham taking advantage of the offer. Many of which were not members but later joined. Over the promotion period, we provided 7 hours of court time to the young students.

We would like to offer a thank you to the LTA Open Court programme for funding this project and a special thank you to Matt Elkington for assisting us in receiving the funds.



During exams weeks, Grantham tennis club offered free tennis sessions for students in and around Grantham. Regular physical activity is well-known for its positive impact on stress levels. Engaging in sports like tennis stimulates the release of endorphins, the brain's natural mood elevators. These chemicals not only help reduce stress but also induce feelings of pleasure and happiness.

Tennis involves constant movement, quick reflexes, and bursts of energy, making it a fantastic cardiovascular workout. As you immerse yourself in the game, the focus on the present moment allows you to momentarily escape the worries of life, providing a much-needed mental respite.



# NEWS

## Tennis Etiquette



1. If people are already on your court, don't disturb them until their time is up
2. Never walk behind a court when a point is still in play. Wait until the point is over and then cross as fast as possible.
3. Appropriate clothing must be worn on court. Ideally this should be tennis gear but general sportswear is acceptable. Jeans not acceptable.
4. All shoes worn on court should be recognised tennis footwear. This is for 2 reasons. First, other shoes can mark and damage the courts and second, non-tennis shoes do not grip the court as well and can cause accidents and avoidable injury.
5. Swearing or disrespectful language is not acceptable

6. Before starting to play, ensure any equipment you are not using (spare rackets, clothing, drinks, etc.) are out the way. No glass containers or chewing gum allowed on court. Do not use mobile phones on court or allow them to ring.
7. If you have played on a clay court, please make sure you sweep and mark the lines before you leave
8. Collect all balls after playing and leave courts in a safe and tidy condition. Dispose of any rubbish (and chewing gum) in the bins on court or in the club house, and recycle unwanted balls in the clubhouse ball boxes
9. The clubhouse, courts and car park is a smoke free zone
10. Often a ball from another court will end up on your court. To return a ball simply roll it safely to the back of the court and not directly to a player unless he/she requests it. Never send them back while play is in progress.



# NEWS

## GTC Members attend the Special Olympics in Germany



Several of GTC's very own members were invited to participate in Germany's Special Olympics. Paul Singleton (Great Britain Special Olympics Head coach) and Chris Enoch (Great Britain Special Olympics Coach) accompanied Lily Mills, Adam Brownsword, Matthew Brough, and Emily Clarke. The group had an opportunity to attend local cultural events for the first 3 days then, they headed to Berlin to participate in the world's largest inclusive sporting event with 7,000 other athletes.

Upon arriving in Berlin, the athletes were given 1 training session to get used to the courts and then they were shuffled into the Olympic stadium packed with 50,000 people. The Competitions began with divisioning, a process where all the players play timed matches to ensure they will be playing other players of similar abilities for medals.



Lily and Adam beat Australia in mixed Doubles winning a Gold Medal. Matt and Emily beat the Netherlands and were awarded a Bronze medal

In the singles the players competed against countries from all over the world, Adam came 4<sup>th</sup> in the highest division including games against Spain and Costa Rica. Emily came 4<sup>th</sup>



and was unlucky not to win bronze as she was a set up in her match. Lily did well and came back strong after losing in her semi to take a bronze medal. Matt capped it all winning a gold by beating a Swiss player.

The amazing experience ended with a party at the Brandenburg Gate Where all players were able to celebrate their accomplishments. We are proud of each individual player and the efforts they put forth.





## Next Generation Tennis Players



Elijah's and Imogen's fantastic performance not only showcases their individual talent but also reflects the effectiveness of our youth development programme. We take immense pride in providing a nurturing and supportive environment that encourages young players to realize their full potential.

Imogen displayed immense maturity in her match with the women's 1st team, partnering our GTC's Chairman, and experienced match player, Lianne Firth. Grantham's 1st pair, coach Megan Jones and her partner Laura Cooper, had no difficulties delivering wins against both Boston pairs. So, in order to clinch victory against Boston's 1st team, it was for Immy and Lianne to pick up at least one of their matches. Boston's 1st pair came with a little too much experience and some good playing from county junior Izzy Wookie, which proved too much for the new partnership. Against the 2nd pair, Immy found good consistency which proved decisive in taking the 1st set. Boston came back in the 2nd set with a good power play, taking the match to a deciding ten-point tie-break third set. After a slightly nervous start, Immy and Lianne stayed in touch, eventually levelling the score at 9-9 and then going on to take the match 11-9. Immy showed great resolve and determination on key points to help bring home the win.

We spoke with Imogen's tennis coach James Ford who said the following about her "What a fantastic journey I have had with Imogen over the past three and a half years, I still remember the first few group sessions we had when I first joined the club back in 2020 and it's been a great privilege to watch her grow as a player on court and a person off the court. Imogen has put tremendous effort into her tennis over the past few years.

This has resulted in her being invited to play ladies team matches and to be invited to be part of the Lincolnshire girls u18's county team which is an honour to represent your county at such a high level. Keep up the hard work Imogen" - James Ford

We are proud of Elijah and Imogen for representing Grantham Tennis Club. Their incredible journey serves as an inspiration to aspiring young athletes, showing them that dreams can be achieved with hard work, perseverance, and relentless passion for the game.

Elijah played several intense matches with his coach Lewis Rae. Their first match was against Cauntons number 1 pair. Elijah played a great first set where he was able to settle his nerves early on playing some fantastic shots, making great decisions, and getting involved. Unfortunately, the pair lost the first set 6-4 but then bounced back and responded well allowing GTC to take a draw winning the 2nd set 6-2. The second match against Cauntons number 2 pairing was very similar and lost a close first set on deuce 6-4. The next match, they found their stride and made more returns in the court, winning the second set 6-2. This motivated them to fight back and win the next 3 games resulting in a tie break which they won 7-2 giving them the first set 6-5 and continued this momentum into the second set which they were able to win 6-4. Elijah managed his nerves well and looked very comfortable playing at this level.

We spoke with Elijah's tennis coach Lewis Rae who said the following about his growth in tennis "I have had the pleasure of coaching Elijah for the last 7 years and he has always been obsessed with tennis. His work ethic and desire to improve every time he steps on the court is something to be admired! He has had a great journey through tennis so far which has given him so many great experiences and I'm sure there is more to come. It was great being able to step out on court with him at the weekend for the first time and definitely not the last" - Lewis Rae

# NEWS

## Club Events That Will Affect Coaching Hours



### Adult Tennis

Due to Club Open Championship, There will be no Adult lessons **August 7th - 12th**

Due to Club Closed Championship, there will be no evening Adult coaching August 28th, 29th, or **September 2nd**

This includes no walking tennis on **August 28th**

### Disability Tennis

Due to Club Open Championship, There will be no tennis sessions **August 7th - 12th**

Due to Club Closed Championship, there will be no tennis sessions on **September 2nd**

## GTC Junior Player is chosen by the LTA



Earlier this year the LTA launched a pilot programme which is comprised of 25 young persons welfare ambassadors (or YPWA). One of GTC's very own Junior players, Ben Pitcher was lucky to be picked as one of these 25. As part of his job as the YPWA, Ben will be reporting back to the LTA about what they could do to make tennis more enjoyable for younger people, children and teenagers. Ben is also a part of a small group within the 25, who will be looking at and gathering information on how the LTA can make competitions better. Ben has asked Emma Hebert to be his assistant

Ben has been coming to GTC over the past 8 years. In that time, he said he has learned the following, "Over my time here I have learned a lot from my coaches and occasionally play in the men's teams, for Grantham. I have been helping out as a young leader for the tennis club for almost 3 years, but recently I became one of the LTA's Young Persons Welfare Ambassadors. I look forward to working with you all and seeing you around the club."

Ben and Emma are examples to us all that, no matter your age, you have the ability to drive positive change in your community.



# WHAT'S ON

## Pickleball Classes



### CLASSES

A place to learn the strokes, rules, and strategies. Spaces are limited, so book in advance online or at reception.

*Wednesdays*

**Intro to Pickleball from 11AM - 12 NOON**

**Intro to Pickleball from 7PM - 8PM**

### OPEN PLAY

The Pickleball community strives on its members learning and practicing with one another. Turn up, meet new people and get playing Pickleball. It's that easy!

*Wednesdays*

**Open Play Pickleball from 12 NOON - 1PM**

**Open Play Pickleball from 8PM - 9PM**

### ANYTIME PLAY

Bring your family and friends down to hit anytime. Playing outdoor is free for members. For non-members, it is £5 a person. Equipment hire is available for £3 (includes a ball and a bat)

## Boot Camp First session is FREE



GTC Gym is running an outdoor boot camp every Monday. It is a mix of body weight and weighted exercise with cardio. All aimed to improve cardio fitness, strength, and endurance. There will be individual and team challenges throughout the weeks.

Unsure if bootcamp is the right fit for you? Come down for a taster session at no cost! Everyone is given 1 free session to test the class. That's how sure we are that you will love it and be back. See you on Monday!

Every Monday July through September  
9:30am - 10:30am

£5 members | £7.50 non-members

**\*\*First session FREE\*\***

(Free offer expires August 31<sup>st</sup>)

# — WHATS ON —

## Women's Doubles American Style Tournament



## Men's Doubles Tournament



We had so much fun with our Wimbledon Tournament last month, we have decided to make it a regular event. Because the men are already having a tournament this month, we are going to have one for the women alone and next month we will do the Ladies Doubles again.

With that said, come on down for an afternoon of tennis in a fun social atmosphere. Showcase your skills and enjoy a thrilling day. In this style tournament, random timed rounds are played on a rotational basis, swapping partners between rounds. The winner is determined by the person with the most games overall. Join Our Doubles Social Tournament, where fun and friendly competition meet!

Sunday, 20 August  
10:00pm - 12:00pm

£10 members | £12 non-members

This month we will be hosting a Men's Doubles tournament! This tournament has been designed to foster a sense of community among players, coaches, and spectators. Participants will find themselves surrounded by like-minded individuals who share their passion for the sport.

Tournaments create an atmosphere where players can support and encourage one another, celebrating not just their successes but also the progress they make along the way. Friendships are formed, and the shared experiences forge lasting bonds that extend beyond the confines of the tennis court. Join us on...

Wednesday, 16 August  
7:00pm - 9:00pm

£12 members | £15 non-members  
(This includes a drink)



# — WHATS ON —

## Gym Circuit Training



## GYM Body Pump Class



Are you tired of the same old boring workout routines that yield little results? Are you ready to take your fitness journey to the next level? Look no further! Welcome to our dynamic and exhilarating Circuit Training Class. Joining this class means becoming part of a supportive and encouraging community. You'll sweat, laugh, and push each other to new heights. Surround yourself with like-minded individuals who share your goals and aspirations, and experience the power of collective motivation. Together, we'll celebrate victories, overcome challenges, make lasting fitness progress, and make new friends.

Every Wednesday  
7:00pm - 8:00pm

£5 members | £7.50 non-members

Say goodbye to boring and monotonous workouts! Our Body Pump training sessions are filled with energy, excitement, and camaraderie. Each class is packed with a variety of exercises, including strength training, cardiovascular drills, and functional movements. With the guidance of our expert trainer, you'll never have a dull moment in our class. Whether you're a seasoned athlete or just starting your fitness journey, our class is tailored to suit all fitness levels. Get ready to push your boundaries, shatter your limits, and discover what you're truly capable of!

Every Thursday  
7:00pm - 8:00pm

£5 members | £7.50 non-members

# WHATS ON

## Children Summer Camp



### Additional Lessons Open to everyone

#### Tots & Mini Drop In

Age: 3 - 9 years old

£5 members | £7 non-members

Saturday 9am to 10am

#### Junior Drop In

Age: 10 - 18 years old

£6 members | £8 non-members

Saturday 10am to 12 noon

### Mini / Junior Tennis Camp

Age: 6 - 14 years old

Full Day 9.30am to 4pm

£26.25 member | £35 non-member

Half Day 9.30am to 12.30pm or 1pm to 4pm

£15 member | £20 non-member

Taking place on the following dates...

Monday July 31 - Thursday August 3

Monday August 14 - Thursday August 17

Monday August 21 - Thursday August 24

Tuesday August 29 - Thursday August 31

### Tots Tennis Camp

Age: 3 - 5 years old

10am to 11am

£7 member | £9 non-member

Taking place on the following dates...

Tuesday, July 25

Tuesday, August 1

Tuesday, August 15

Tuesday, August 22

Tuesday, August 29

#### Mini Red

Age: 6 - 8 years old

£7 member | £9 non-member

Tuesday 4pm to 5pm | August 1, August 15, August 22

#### Mini Orange and Green

Age: 9 - 10 years old

£7 member | £9 non-member

Tuesday 5pm to 6pm | August 1, August 15, August 22

#### Yellow Ball

Age: 11 - 18 years old

£7 member | £9 non-member

Tuesday 6pm to 7 pm | August 1, August 15, August 2

Book in  
Advance!

Speak with  
Reception  
or scan the  
QR code  
to sign up





# WHATS ON

## Adult Summer Activities



### Mondays

**Walking Tennis** 12.30pm to 1.30pm  
£5 per session (Just Turn Up)

**Walking Tennis** 1.30pm to 2.30pm  
£5 per session (Just Turn Up)

**Adult Beginners Coaching** 7pm to 8pm  
£7 members | £9 non-members (Booking Essential)

### Tuesdays

**Adult Coaching** 10am to 11am  
£7 members | £9 non-members (Just Turn Up)

**Adult 50+ years Coaching** 1.30pm to 2.30pm  
£7 members | £9 non-members (Just Turn Up)

**Adult Improvers Coaching** 7pm to 8pm  
£7 members | £9 non-members (Booking Essential)

### Wednesdays

**Feeling Good** 10am to 11am  
£5 members | £6 non-members (Just Turn Up)

**Pickleball Adult & Teen** 11am to 12 noon  
£5 members | £7 non-members (Booking Advised)

**Open-Play Pickleball Adult & Teen** 12 noon to 1pm  
£1 members | £5 non-members (Booking Advised)  
Equipment Hire of £3 if you didn't attend the class

**Pickleball Adult & Teen** 7pm to 8pm  
£5 members | £7 non-members (Booking Advised)

**Open-Play Pickleball Adult & Teen** 8pm to 9pm  
£1 members | £5 non-members (Booking Advised)  
Equipment Hire of £3 if you didn't attend the class

### Thursdays

**Adult Coaching** 1pm to 2.30pm  
£10.50 members | £13.50 non-members (Just Turn Up)

### Fridays

**Cardio Tennis Adult & Junior** 9.30am to 10.30am  
£7 members | £9 non-members (Just Turn Up)

**Feeling Good** 1pm to 2pm  
£5 members | £6 non-members (Just Turn Up)

### Saturdays

**Cardio Tennis Adult & Junior** 9am to 10am  
**Adults:** £5 members | £7 non-members  
**Juniors:** £2.50 members | £4.50 non-members  
(Just Turn Up)

**Adult Coaching** 1pm to 2pm  
£7 members | £9 non-members (Just Turn Up)

## Disability Summer Activities



### Learning Disability "Drop In"

Age: Children 12+ & Adults  
£7 member | £9 non-member  
Thursday 4:30pm to 5:30pm

### Junior Disability "Drop In"

Age: 5 - 11 years old  
£5 per session  
Saturday 12 noon to 1pm £5 per session

### Wheelchair "Drop In"

Age: Children 12+ & Adults  
£10.50 members | £13.50 non-members  
Saturday 1pm to 2.30pm

### Learning Disability "Drop In"

Age: Children 12+ & Adults  
£7 members | £9 non-members  
Saturday 2:30pm to 3:30pm

# GTC PRO SHOP

GTC is here to help you find your SOLE mate



To make your life easier, we have supplied our Pro shop with a variety of Tennis Shoes and trained our staff to help you find the correct shoe for your tennis game. Whether you're a seasoned player or striving to become a professional, we have a variety of shoes to meet your needs.



When playing tennis, it is important to have the right type of shoes. They should be comfortable, provide good support, and be able to grip the court surface. Tennis shoes are designed specifically for these requirements. They offer lateral support for side-to-side movements, cushioning for impact absorption, and stability for quick movements. Additionally, tennis shoes have a durable outsole that can withstand the abrasive surface of tennis courts. Wearing the wrong type of shoes can lead to foot and ankle injuries.

Though some people might assume they can just "get away with" wearing casual trainers on a tennis court, the reality is that trainers tend not to offer lateral support, shock-absorbing material, or non-scuffing soles. As a result, these people not only put themselves at risk of injury but will find themselves paying more to replace their shoes because they break down faster. Therefore, it is important to choose the right type of shoe when playing tennis.



# PLAYER OF THE MONTH



Jasper Emmett

Jasper has a great attendance to our Friday Orange group with GTC Coach Alex. Both of his coaches believe his progression these passed couple of terms has been very impressive, displaying a great understanding of the weekly reference points and has worked incredibly hard to transfer them into practice. His record on termly skills challenges have improved such as rallying from different boundaries, ability to direct his serves and special awareness during points. Each week he brings great enthusiasm, positivity and encouragement to his peers. During group demonstrations he asks good questions that others don't see, a good attention to detail. Throughout his time Jasper has made good friends, enjoys his tennis and is looking forward to his next chapter of attending Green ball group from September. He is a delight to work with and we wish him all the best in his tennis journey.



Aiden Bennett

Aidan has played at GTC for eight years now. He started in our learning disabilities group and is a well known figure around the club shouting "out" and the score to any game he walks past. He now plays in two groups and has an individual every week as well as attending East Midland Special Olympics training. He competes in regional tournaments regularly and has moved up several divisions in the last two years whilst winning lots of medals and playing in the national finals. Aidan also now plays in cardio on a Saturday and plays social doubles sometimes twice a week including with Sue on a Sunday, he is competitive but really supportive of everyone even his opposition and a great example of how to approach playing tennis.



IMOGEN CLOUGH

What a fantastic term of tennis Imogen has had, Imogen has been attending junior group session, adult team practice sessions, and has been having regular individual lessons with her coach James. From all of Imogen's hard work on and off the court, she has been asked to play ladies team tennis for the club and has also been invited to play in the girls u18's squad for county training, keep up all the hard work Imogen.

# GYM MEMBER OF THE MONTH



Junior Gym Member of the Month

**Louie Truman**

What a great start from one of our new young members. Louie recently joined the gym, and he has embraced it completely. Louie is training to improve his squash game as he is aiming for the British champs. He can be seen in the gym sometimes even twice a day. Louie is focused and uses his time well. Working between strength/cardio and reaction. Well done Louie you have hit the ground running. Looking forward to seeing all the work pay off.



Gym member of the month

**James Wall**

James joined GTC gym back at the end of January and has been a regular in at lunch times. He definitely has the biggest biceps and forearms in the gym. There is a very good reason for this as James's passion is arm wrestling. He has gone from a hobby to traveling the world and representing his country with his passion. James has used GTC GYM to train to help reach those goals and has his unique training techniques to help. James is more than happy to chat and discuss his hobby with anyone. James runs a club on a Saturday and is looking to bring a taster soon to GTC. Keep an eye out and maybe try something new. Boys' and girls' welcome.



# ADVERTS

## YIN YOGA



Yin Yoga can help with flexibility, boosts circulation, lengthens connective tissue, improves joint mobility, helps to reduce stress and anxiety, helps to improve sleep, helps to calm both the mind and the body.

Every Friday 6:00pm - 7:00pm  
@ Grantham Tennis Club  
Bookable and payable in advance.  
£28 for a 4-week block  
£8 Single sessions  
To book: email [jowinterjoga@yahoo.com](mailto:jowinterjoga@yahoo.com)

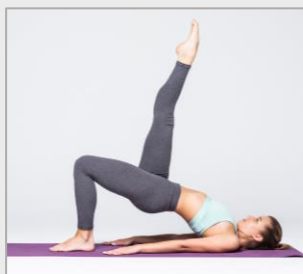
## BASE BABY



an outdoor fitness class for parents but with the added bonus of being able to bring along their little ones. After having children, it can be difficult to get the time to work out, but body movement and social interaction is essential for our well being. So come along to a judgement and expectation free class with like minded parents and enjoy exercising your body, mind, and soul.

Classes are Wednesdays and Fridays from 9:30am - 10:15am. contact Kate for pricing and scheduling  
phone: 07850952792  
email: [jasp1@hotmail.com](mailto:jasp1@hotmail.com)

## MINDFUL PILATES



Pilates for the body and mind working on flexibility, balance, and strength. Beginners are welcome! The next courses will be starting shortly.

Monday 6pm & 7pm (4 week term)  
Tuesday 9am & 10am (6 week term)  
4 week course £28  
6 week course £42  
Contact Jette to confirm your place  
Telephone: 07901555499  
Email: [jette@exhalettherapy.co.uk](mailto:jette@exhalettherapy.co.uk)

## DANCE CLASS



For adults over the age of 55, GTC hosts a dance class. Sessions focus on a variety of dance styles and adaptable routines suitable for a range of abilities Classes

are every Thursday from 11:30am-12:30pm. Everyone is granted 1 free trial. £7 after 1 free trial class. Book online at: [movingtogether.co.uk/book-online](http://movingtogether.co.uk/book-online)

## GTC QUIZ

One of our lovely members, Yvone organises a Quiz every few months with questions ranging from anything to everything. At the end of the quiz, she donates all the funds to GTC charities - *Wheelchair Tennis, Learning Disability, and Feel-Good Mental Health Program.*

Pick up a quiz sheet at reception for just £2. Donate to a good cause and join in for a chance to win a prize.  
Closing date: 31<sup>st</sup> August 2023



# MEET THE TEAM

## Office Team



**CLUB MANAGER**  
Sarah Patton



**ASSISTANT MANAGER**  
Robert Start



**FINANCE**  
Jo Cropper



**MEMBERSHIP**  
Melanie Bloodworth



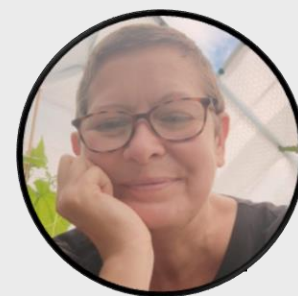
**PR & MEDIA CREATOR**  
Colleen Rae



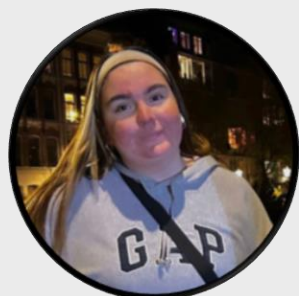
**MAINTENANCE**  
Rob Isaac



**RECEPTIONIST**  
Christine Cragg



**RECEPTIONIST**  
Susie Taylor



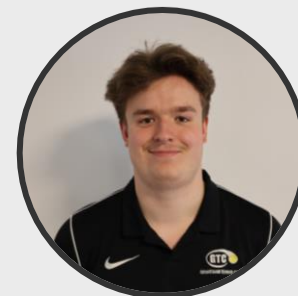
**RECEPTIONIST**  
Martha Patton



**RECEPTIONIST**  
James Pitcher



**RECEPTIONIST**  
Oliver Black



**RECEPTIONIST**  
Ben Lee



**CLEANER**  
Jo Grace



**CLEANER**  
Lisa Stevens

Coming in future additions  
is a feature of our Café  
Team, Tennis Coaching  
Team, and Gym Team.



# ORGANISATION

## CLUB PRESIDENCY



**PRESIDENT**  
Jean Firth



**VICE PRESIDENT**  
Sue Taylor Woods

Committee members can be found on court, in the gym, and around the clubhouse at various days and times during the week.

## CLUB COMMITTEE



**CHAIRMAN**  
Lianne Firth



**VICE CHAIRMAN**  
Rob Isaac



**SECRETARY**  
Elaine Maplethope



**TREASURER**  
Glenn Hooper



**MATCH SECRETARY**  
Rob Start



**MEMBERSHIP SECRETARY**  
Melanie Bloodworth



**WELFARE OFFICER**  
James Pitcher



**COMMITTEE MEMBER**  
Mike Roys



**COMMITTEE MEMBER**  
Lorraine Walton



**COMMITTEE MEMBER**  
Colin Walton



**COMMITTEE MEMBER**  
Tracy Hobson

# DROP IN CLASSES

## ADULT GROUPS

### Walking Tennis

Monday 12:30pm - 1:30pm

£5 per person

### Walking Tennis

Monday 1:30pm - 2:30pm

£5 per person

### Adult Coaching

Tuesday 10am - 11am

£7 members | £9 non-members

### 50+ Adults

Tuesday 1:30pm - 2:30pm

£7 members | £9 non-members

### Feeling Good

Wednesday 10am - 11am

£5 members | £6 non-members

### Adult Pickleball

\*Booking advised to secure a spot\*

Wednesday 11am - 12 noon

£5 members | £7 non-members

### Teen / Adult Pickleball

\*Booking advised to secure a spot\*

Wednesday 7pm - 8pm

£5 members | £7 non-members

### Adult Improvers/Intermediates

Thursday 1pm - 2:30pm

£10.50 members | £13.50 non-members

### Cardio Tennis

Friday 9:30am - 10:30am

£7 members | £9 non-members

### Feeling Good

Friday 1pm - 2pm

£5 members | £6 non-members

### Cardio Tennis

Saturday 9am - 10am

£5 members | £7 non-members

### Adult Coaching

Saturday 1pm - 2pm

£7 members | £9 non-members

## CHILDREN GROUPS

### Teen / Adult Pickleball

\*Booking advised to secure a spot\*

Wednesday 7 pm - 8 pm

£5 members | £7 non-members

### Tots and Mini Tennis Age 3 - 9

Saturday 9am - 10am

£5 members | £7 non-members

### Junior Tennis Age 10+

Saturday 10am - 12 noon

£6 members | £8 non-members

### Cardio Tennis Age 10+

Saturday 9am - 10am

£2.50 members | £4.50 non-members

## DISABILITY GROUPS

### Learning Disability Performance Coaching

Thursday 3:30pm - 4:30pm

£7 members | £9 non-members

### Learning Disability Coaching

Thursday 4:30pm - 5:30pm

£7 members | £9 non-members

### Learning Disability Coaching

Saturday 2:30pm - 3:30pm

£7 members | £9 non-members

### Junior Disability

Saturday 12pm - 1pm

£5 per person

### Wheel-Chair Coaching

Saturday 1pm - 2:30 pm

£10.50 members | £13.50 non-members

Here at Grantham Tennis Club, we offer more than just "Drop in" class sessions. If you would like more information, Please visit our Receptionist or contact us at the information provided below.



# GET IN TOUCH



## Open Hours

**Monday - Friday 8am - 9pm**

Gym open from 6am - 9pm

**Saturdays & Sundays 8am - 6pm**

Gym Open from 8am - 4pm



01476 591391



Grantham Tennis Club Gonerby Rd, NG31  
8HU



[www.granthamtennisclub.co.uk](http://www.granthamtennisclub.co.uk)