

GRANTHAM TENNIS CLUB

December 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.

info@granthamtennisclub.co.uk

01476 591391

NEWS

Pickleball



The allure of pickleball lies not only in its easy-to-learn nature but also in the contagious camaraderie it fosters among players. The class witnessed not just spirited volleys and precision shots but also echoed with laughter and shared moments of triumph. As paddles swished and balls bounced, it became evident that pickleball had seamlessly woven itself into the fabric of our club, creating a vibrant community bound by a shared passion for this exhilarating sport.

As the echoes of that bustling class fade, they leave behind a legacy of enthusiasm and excitement that continues to reverberate across our tennis club. The fervor for pickleball shows no signs of slowing down, promising more action-packed sessions and fostering a vibrant community where players, both seasoned and novice, converge to revel in the thrill of this rapidly growing sport. With each match played and each new enthusiast welcomed, the courts stand witness to the unmistakable rise of pickleball, carving its place as a beloved staple in our club's offerings.

Pickleball, the dynamic fusion of tennis, badminton, and ping pong, has ignited a thrilling revolution at our esteemed tennis club, captivating enthusiasts and redefining the landscape of racquet sports. With its rapid rise in popularity, this sport has found a fervent following among our members, transforming the courts into bustling arenas of energy and enthusiasm. What started as an experimental addition to our repertoire of activities has now become a phenomenon, drawing all skill levels into the addictive world of pickleball.

The recent success of our pickleball classes stands as a testament to its burgeoning appeal. In a recent session, a staggering 21 participants graced the courts, eager to learn and engage in this fast-paced, strategic game. From seasoned tennis veterans to newcomers intrigued by the sport's buzz, the diverse turnout exemplified the universal allure of pickleball. Under the guidance of our adept instructors, players reveled in the game's accessibility, quickly mastering its nuances and reveling in the adrenaline-pumping rallies that ensued.

Play Pickleball

Wednesday

Age: 14 + and Adults

7:00 pm - 9:00 pm

£10 members/ nonmembers

Play Pickleball

Saturday

Age: 14 + and Adults

3:30 pm - 5:00 pm

£7.50 members/ nonmembers

NEWS

Gym and Tennis Coach Awards



The annual Tennis and Gym Coaches Awards Ceremony celebrated a remarkable convergence of dedication and skill as players were honored for their unwavering commitment and outstanding achievements. Stepping beyond the courts and gym floors, coaches extended a heartfelt invitation to their players, acknowledging their hard work and stellar performances throughout the year. The event, held in a jubilant atmosphere, served as a testament to the bond between coaches and athletes, highlighting not only athletic prowess but also the mutual respect and support that define these relationships.

Beyond the glimmering awards, it was evident that the true victories were the lessons learned, the friendships forged, and the personal growth experienced by each player under the guidance of their mentors.

The ceremony was more than just a formal recognition; it was a manifestation of the symbiotic relationship between coaches and players, a bond fortified through hours of training, encouragement, and unwavering

support. The pride reflected in the coaches' eyes mirrored the dedication and passion instilled in their athletes, embodying the ethos that success is not merely measured by wins and losses, but by the relentless pursuit of improvement and the unwavering commitment to the sport. As the evening concluded with resounding applause and heartfelt congratulations, it was a reminder that behind every successful athlete stands a coach whose guidance and belief serve as the cornerstone of triumph.

We would like to thank all our members, and GTC staff that came and assisted in the event. And a very special Thank You to our GTC Tennis and Gym Coaches for all their contributions. The coaching Staff were asked to step out of their comfort zones to speak and present the awards but they each did a fantastic job and made Sarah very proud (the club manager)

A special congratulations to the following members for receiving one of our main awards,

Volunteer of the Year

Sarah Brown, Ian Gordon, Pam Oust, James Pitcher

Young Volunteer of the Year

Patraic Hunt

Happy Family Trophy

Mckenny Family

Trophy for Whatever

Ben Pitcher

Player of the Year Boy

Thomas McCormak

Player of the Year Girl

Zoe Pitcher

Sean Award

Femi Oduyoye

Junior Disability Player of the Year

Harry Donohue

NEWS

Christmas Holiday Hours

	Club	Cafe	Gym
Christmas Eve 24.12	9:00am - 4:00pm	9:00am - 4:00pm	8:00am - 4:00pm
Christmas Day 25.12	Closed	Closed	Closed
Boxing Day 26.12	Closed	Closed	Closed
Wednesday 27.12	9:00am - 9:00pm	9:30am - 6:00pm	8:00am - 6:00pm
Thursday 28.12	9:00am - 9:00pm	9:00am - 6:00pm	8:00am - 6:00pm
Friday 29.12	9:00am - 9:00pm	9:30am - 6:00pm	8:00am - 6:00pm
Saturday 30.12	9:00am - 6:00pm	9:00am - 6:00pm	8:00am - 4:00pm
New Years Eve 31.12	9:00am - 4:00pm	9:00am - 4:00pm	8:00am - 4:00pm
New Years Day 1.1	Closed	Closed	Closed
Tuesday 2.1	8:00am - 9:00pm Regular Hours	8:00am - 7:30pm Regular Hours	6:00am - 9:00pm Regular Hours

Important notice

There is no Drop-in coaching on Saturday the 30th This includes, Tots, Minis, Juniors, Cardio, Adults, Learning Disability, & Wheelchair.

The last week of this term is Monday December 18th through Saturday December 23rd.

Next term begins Tuesday, January 2nd, 2024

NEWS

Cafe Staff Training



In memory of Angie



The Cafe team recently embarked on an exciting and enriching training session at the esteemed 200 Degree Coffee, delving into the intricate art of crafting exquisite brews. The training was held at 200 degrees Roast House close to River Trent in Nottingham where our staff were guided by seasoned expert, Alex. The hands-on experience provided an invaluable opportunity to master the delicate balance of flavors that culminate in a stellar cup of coffee. Beyond the aromatic scents and steaming cups, this training served as a catalyst for team bonding to experiment and create delectable blends.

200 Degree Coffee came to be, several years ago, two bar owners wanted to serve the best possible cup of coffee to their customers. Thus began a search, that started a journey, which became an obsession, and led to three men being alone in the corner of a garage (with a coffee roaster) until finally, in 2012, they created 200 Degrees Coffee and decided to show it to the world. Amidst the whiffs of freshly brewed espresso and the symphony of coffee machines, our staff absorbed knowledge like sponges, embracing new techniques and honing their skills to elevate the coffee experience for our patrons. Equipped with newfound expertise and a shared enthusiasm, our team returns, ready to infuse every cup with the expertise and passion they acquired, ensuring our customers savor not just a beverage but a masterpiece crafted with dedication and expertise. In addition to well trained café staff, we get our beans delivered weekly to maintain freshness and taste.

Those who were at the club on the morning of November 14th would have noticed a lot of pink clothing being worn by one of our lovely groups of ladies playing on the clay courts. This was a show of love for their dear friend Angie Tapson who sadly passed away on Monday.

Angie has so many friends at GTC having been part of the club old and new. She was involved in all aspects of the club over the years, coaching, teams, socials, volunteering, knitting club and would always whip up a batch of mince pies for our events at Christmas and her 'best in show' lemon drizzle cake at other times of the year when the call went out from the club for cakes. She volunteered to be a guinea pig for the LTA Level 5 and level 4 coaching assessment days, often coming off declaring that the candidates were nowhere as good as our coaching team at GTC.

Often on court with a big smile when playing with her friends, I was told that whenever the score was lost or up for debate, the shout always came from Angie 'deuce then!'

Always pushing herself to be better, to do more, life was for living. I sat with her a couple of months ago and we talked about when she would be back on court. I am glad I got to give her a hug that day. When I said goodbye to her, I never dreamt it would be the last one. - Sarah Patton

Angie's funeral will be held at the crematorium on Friday December 8th at 2.30pm.

NEWS

GTC Christmas Party



Christmas Jumper Week



‘Tis the season to celebrate! Join us at the GTC Christmas Party for an evening filled with festive cheer and joyous merrymaking. We cordially invite all our esteemed members and staff to gather for a night of jubilation and camaraderie. Get ready to dance the night away to the beats of our lively DJ, who'll be spinning tracks that'll keep your spirits high and your feet moving. It's an opportunity to swap tennis rackets for dancing shoes and revel in the holiday spirit with fellow members. Our bar will be serving up our usual delightful array of drinks for purchase, ensuring everyone has a jolly good time.

22 December 2023, 7:00 pm

Teenagers 16+ are welcome

£10 per ticket

(Visit reception to purchase a ticket)

Open to members and non-members

Get ready to extend the festive cheer beyond just a day! This year, we're turning up the holiday spirit by celebrating Christmas Jumper Week at our tennis club! Embrace the coziness and charm of the season by donning your most festive, quirky, or classic sweaters the entire week leading up to Christmas, starting from the 18th of December. Let's make this Christmas Jumper Week a showcase of our members' creativity and festive spirit. Whether it's a vibrant, jolly sweater or a charmingly nostalgic knit, let's deck the courts with an array of holiday-inspired sweaters and infuse our tennis sessions with an extra dose of seasonal warmth and joy.

Join us in making this Christmas Week a playful, spirited celebration as we trade in our tennis attire for the festive comfort of our favorite sweaters!

December 18th - 23rd

NEWS

St. Wulfram's Christmas Tree Festival



Grantham Tennis Club took part in the annual Christmas Tree Festival. Schools, charities, community groups, businesses and individuals from across the area were hard at work designing and decorating their own trees to share with the community of Grantham.

Our Tennis tree stood proud amongst many others decorated with unique baubles made from recycled tennis balls. Thank you to Bethan, Cici, Julie, Sue and Susie who decorated the tree and another thank you to those who decorated the tennis balls for the tree.

A special recognition of our beloved Angie Tapson who's crocheted baubles made it to the top of the tree.

Thank you to Syston Park Farm Shop and Cafe for always growing such wonderful trees and Dee Harrison for providing the trees first journey to the club and Martin for its second journey from club to church.

10th Anniversary Celebration



It's with immense excitement and anticipation that we embark on the preparations for our tennis club's much anticipated 10th anniversary celebration scheduled for the 4th of May 2024! If you have been to a previous ball at the tennis club, you are well aware of the spectacular transformation court 1 undergoes from an everyday tennis court to a lovely elegant marquee.

You can expect a delightful evening of live music, dancing food, and a silent auction. As we gear up to commemorate this significant milestone, your presence becomes the heart and soul of this joyous occasion. To ensure this event is tailored to accommodate the preferences and expectations of our valued community, we kindly request your assistance. We ask that you please reach out to Melanie, our dedicated point of contact to express your interest in attending this milestone event or to inquire about filling a table. (Tables fit up to 10 people) Your prompt response will enable us to orchestrate a memorable affair that honors our club's incredible journey. Melanie can be reached at, Melanie@granthamtennisclub.co.uk

WHAT'S ON

Locker Room Rules



Crafting Club



At GTC we take pride in offering a clean, secure, and well-maintained locker room environment. To ensure that all our members can access the lockers smoothly and securely, we provide lockers with keys in exchange for a pound (The pound is returned upon return of the key). Lockers are intended to offer a safe place for your belongings while you work out, play tennis, or pickleball

keys should always be returned after each use to ensure lockers are available for the next member who needs one. Nobody wants to wait for a locker when they're eager to start their workout or get on court.

Lockers are periodically cleaned out by staff so please be sure to return your key each day to avoid losing any valuables. We appreciate our members that respect our locker policy and return keys upon each use of the locker.

Get ready to dust off those knitting needles, break out the crafts, and unleash your inner creativity because Craft Club is back! After a hiatus, we are thrilled to announce the return of Craft Club, a beloved gathering where artisans and craft enthusiasts come together to share ideas, create beautiful projects, and foster a sense of community. Join us for this exciting revival of Craft Club, and let your imagination run wild!

Craft Club has been a haven for those who find joy in crafting, whether it's through knitting, crocheting, or any other creative endeavor. It's a place where novices and experts alike can come together, learn from each other, and engage in the art of making. Soup and Rolls will be available to purchase in the café.

Every 2nd Tuesday of the month
12:30 PM – 2:30 PM
Next date 12th of December

WHAT'S ON

Cards for Sale



Hoodie Season



In a world that often moves at a rapid pace, it's the little moments that truly matter. That is why we have chosen to stock a range of cards for sale, designed to help you convey your sentiments and make each moment special.

A new addition to our collection is Elaine Margiotta's beautifully crafted cards. Elaine is a lifelong Grantham-based artist who is happiest when creating beautiful hand-painted watercolour cards that capture the imagination. Each and every one is a unique and original piece, personally signed by the artist. If you're looking for a birthday card, a thank-you card, or just a card to brighten someone's day, Elaine's hand-painted watercolour cards make a charming and personal gift for that someone special."

Our custom card options allow you to add a personal touch to your messages, making your greetings even more special. By purchasing a card from us you're not only getting a quality product, you are supporting your Tennis Club and specialty artists. Please see our collection of cards from Liz Stokes, Elaine Margiotta, Joanna Ham, and Mary's House Designs.

As the winter chill settles in, there's no better time to invest in the warmth and comfort of our GTC hoodies. Crafted with premium materials and designed for both style and functionality, these hoodies are the ultimate shield against the biting cold. Featuring a blend of cozy fabrics that ensure insulation without compromising on flexibility, our GTC hoodies are the perfect companion for braving the frosty weather. These hoodies are an indispensable addition to anyone's winter wardrobe, providing the much-needed warmth during outdoor activities or casual outings in the brisk winter air.

Beyond just keeping you snug, our GTC hoodies are a fashion statement in themselves. Emblazoned with the iconic GTC logo, these hoodies not only offer practicality but also exude a sense of style and flair. Whether you're heading to the courts for a game or simply navigating the wintry streets, these hoodies seamlessly blend comfort with a sporty and chic aesthetic. Donning a GTC hoodie isn't just about staying warm; it's about showcasing your passion for tennis while staying fashion-forward in the coldest of seasons.

Visit reception or take an order form from the next page in this newsletter!

Adult Hoodie Order Form



GRANTHAM TENNIS CLUB

01476 591391

Gonerby Road, Grantham, NG31 8HU

info@granthamtennisclub.co.uk

CUSTOMER INFORMATION

NAME

MOBILE #

EMAIL



HOODIE TYPE

<input type="checkbox"/>	HOODIE	NOT ALL COLOURS ARE AVAILABLE IN A ZIPPER, SEE THE COLOUR LIST FOR DETAILS
<input type="checkbox"/>	ZIPPER	

MARK THE HOODIE SIZE BELOW

<input type="checkbox"/>	S - 34" - 36"
<input type="checkbox"/>	M - 38" - 40"
<input type="checkbox"/>	L - 42" - 44"
<input type="checkbox"/>	XL - 46" - 48"
<input type="checkbox"/>	XXL - 50" - 52"

CUSTOM NAME ON THE BACK (£2 EXTRA)

NAME

COLOUR

1ST CHOICE

2ND CHOICE

COLOUR LIST

Antique Sapphire Hoodie	Antique Cherry Hoodie	Garnet Hoodie
Cherry Red Hoodie	Charcoal Hoodie	Light Blue Hoodie
Graphite Heather Hoodie / Zipper	Gold Hoodie	Old Gold Hoodie
Maroon Hoodie / Zipper	Light Pink Hoodie	S Orange Hoodie / Zipper
Orchid Hoodie	Orange Hoodie	Forest Green Hoodie / Zipper
Sand Hoodie	Safety Green Hoodie / Zipper	Irish Green Hoodie / Zipper
Azalea Hoodie	Ash Hoodie / Zipper	Navy Hoodie / Zipper
Dark Heather Hoodie / Zipper	Dark Chocolate Hoodie / Zipper	Royal Blue Hoodie / Zipper
Indigo Hoodie	Heliconia Hoodie	Violet Hoodie
Mint Hoodie	Military Green Hoodie	Black Hoodie / Zipper
Red Hoodie / Zipper	Purple Hoodie / Zipper	White Hoodie / Zipper
Sport Grey Hoodie / Zipper	Sapphire Blue Hoodie	Carolina blue Hoodie / Zipper

PAYMENT DETAILS

HOODIE PRICE	£23
CUSTOM NAME	£2
TOTAL PAID	<input type="text"/>

NOTES

Children Hoodie Order Form



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Gonerby Road, Grantham, NG31 8HU

info@granthamtennisclub.co.uk

CUSTOMER INFORMATION

NAME

MOBILE #

EMAIL



COLOUR LIST

 Light Pink	 Graphite Heather
 Red	 Black
 Royal Blue	 Forest Green
 Sport Grey	 Gold
 Maroon	 White
 Irish Green	 Navy
 Heliconia	 Purple
 Dark Heather	

MARK THE HOODIE SIZE BELOW

<input type="checkbox"/>	S - (5/6) 26" - 28"
<input type="checkbox"/>	M - (7/8) 30"
<input type="checkbox"/>	L - (9/10) 32" - 34"
<input type="checkbox"/>	XL - (12/13) 34" - 46"

PAYMENT DETAILS

HOODIE PRICE	£20
CUSTOM NAME	£2
TOTAL PAID	<input type="text"/>

CUSTOM NAME ON THE BACK (£2 EXTRA)

NAME

COLOUR

1ST CHOICE

2ND CHOICE

NOTES

WHATS ON

Mark your calendars for Winter Camp



Mini / Junior Tennis Camp
Thursday Dec. 28th & Tuesday Jan 2nd
Age: 6 - 14 years old

Full Day 9.30am - 4pm
£26.25 member | £35 non-member

Half Day 9.30am - 12.30pm or 1pm - 4pm
£15 member | £20 non-member

Tots Tennis Camp
Thursday Dec. 28th & Tuesday Jan 2nd
Age: 3 - 5 years old
10am - 11am
£7 member | £9 non-member

Drop In Classes
(Not taking place Dec. 30)

Tots and Mini Drop In
Age 3 - 9 Years Old
Saturdays 9am - 10am
£5 member | £7 non-member

Junior Drop In
Age: 10 - 18
Saturdays 10am - 12 noon
£6 member | £8 non-member

As the festive season unfolds and the magic of Christmas fills the air, we invite our younger community to extend the holiday spirit into the new year at our Winter Tennis Camp.

Save the dates for the perfect opportunity to keep the children active and busy over the half-term break. Winter camps are held indoors away from the wet and the cold. Available to book now!



PRO SHOP

The Perfect Gift This Holiday Season



Are you on the hunt for the ultimate gift to delight the tennis enthusiast in your life? Look no further than our Tennis Pro Shop, your one-stop destination for everything tennis-related! With a comprehensive range of gear and accessories catering to players of all levels, finding that perfect present has never been easier.

From top-of-the-line tennis rackets designed for optimal performance to specialized shoes engineered for court agility, our Pro Shop houses a diverse selection of equipment that will elevate anyone's game. Our collection doesn't stop there—explore a plethora of tennis balls or a staple Christmas gift of socks, key rings, magnets, towels, and many more!

But it's not just about the essentials. Our Pro Shop also boasts a stylish array of tennis apparel and accessories, blending functionality with flair. From comfortable and sweat-wicking attire that keeps players cool and focused during intense matches to sleek accessories that add a touch of sophistication on and off the court, we've got the perfect ensemble to complement their game.

Not sure what exactly to get? Our knowledgeable staff is on hand to provide expert guidance, helping you navigate through the options to find the ideal gift that perfectly suits the recipient's preferences and playing style. Plus, with exclusive deals and seasonal offers, you can snag the perfect gift while enjoying fantastic savings.

This holiday season, make a racquet about finding the perfect gift for your tennis enthusiast at our Tennis Pro Shop. With an extensive range of equipment, apparel, and accessories, you're bound to ace your gift-giving game and bring joy to the tennis aficionado in your life!

PLAYER OF THE MONTH



Francesca

Francesca joined the club back in 2020 as a tot playing once a week. The coaching team saw potential with Francesca early on in her tennis journey. She is now in our mini red performance groups, playing twice a week. Francesca plays matches for our U8 club team and is also involved in the U8 county training squad for Lincolnshire. Francesca has achieved all of this in the 3 years she has been playing. She comes to every lesson with a big smile on her face and is always willing to help in sessions whether that be collecting equipment or doing a demonstration. Keep up the good work Francesca!



Phoebe

Phoebe started lessons on Monday night about a year ago. She is full of infectious energy and very keen to learn. She works really hard, asks questions and tries to use new techniques and skills, she always has a smile on her face and is now getting really competitive. Phoebe is now playing Sunday night league and loving the challenge, as well as starting to practice a few times a week she is also very encouraging to other newer players getting them to practice more as well.

Learning Disability Players



Our learning disabilities players have been amazing this year and especially during competition. Most of our players are training 2-3 times a week and competing once a month in regional tournaments. This all culminating at the national finals in Bolton in November with Grantham and Special Olympics Midlands players taking home a host of medals including Shannon Bennett coming home with girl of the year for orange ball.

GYM CLASSES



EXCLUSIVE OFFER FOR GYM MEMBERS!

We're thrilled to announce that we are making your fitness journey even more amazing! Starting today, and through the rest of the year, we are offering ALL our gym classes for FREE to our valued members.

We understand the importance of staying active, especially during the holiday season. That's why we're giving you the gift of unlimited access to our wide range of fitness classes. Whether you're a weights enthusiast, a cardio warrior, a strength training pro, or looking to try something new, we've got something for everyone.

GYM Member of the Month



Leigh Griffiths

Leigh has been a member of the GTC Gym for many years now. He is huge part of the gym and always has a smile and story to tell when he comes to the gym. He has been consistent and works hard in the gym and is an inspiration to many. Well done Leigh we love having you in the gym you bring a smile to all.



Patrick Donnelly-Cullen

Patrick joined us in the summer this year and has never looked back. He comes in on a regular basis and works hard. Head down and focused. Making his gains with a smile. Another inspiration to many and always polite. Thank you for choosing GTC Patrick! It is a pleasure see you get the best out of the gym.

— 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
Free for all gym 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
Free for all gym members

NEWS

Tennis Etiquette



1. If people are already on your court, don't disturb them until their time is up. This means not entering the court until your booking time begins.
2. You must be ready to leave your court 1 minute before your end time
3. 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.
4. Appropriate clothing must be worn on court. Ideally this should be tennis gear but general sportswear is acceptable. Jeans not acceptable.
5. 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.

6. Swearing or disrespectful language is not acceptable
7. 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.
8. If you have played on a clay court, please make sure you sweep and mark the lines before you leave. Be ready to leave your court 1 minute before your time is up.
9. 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
10. The clubhouse, courts and car park is a smoke free zone
11. 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.
12. For indoor courts, re-open the curtain if you closed them.



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

Chair Yoga



Chair Yoga is a gentle form of yoga that is practiced while seated on a chair or using a chair for support. It's suitable for all ages and fitness levels, making it an excellent choice for those seeking a mindful and relaxing practice.

Classes are Fridays from 2:00am - 2:45am.
contact Stefan for pricing and scheduling
phone: 07963 542356
Email: granthamyoga@mail.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

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

DROP IN CLASSES

ADULT GROUPS

Walking Tennis

Monday 11:30am - 12:30pm

£6 per person

Walking Tennis

Monday 12:30pm - 1:30pm

£6 per person

Walking Tennis

Monday 1:30pm - 2:30pm

£6 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

Teen / Adult Pickleball

Wednesday 7pm - 9pm

£10 for anyone

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

£3 members | £7 non-members

Cardio Tennis

Saturday 9am - 10am

£5 members | £7 non-members

Adult Coaching

Saturday 1pm - 2pm

£7 members | £9 non-members

Teen / Adult Pickleball Beginners

Saturday 3:30pm - 5:00pm

£7.50 for anyone

CHILDREN GROUPS

Teen / Adult Pickleball

Wednesday 7 pm - 9 pm

£10 for anyone

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

Teen / Adult Pickleball Beginners

Saturday 3:30pm - 5:00pm

£7.50 for anyone

For termly lessons, visit
our website or see our
receptionist

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

Wheelchair Coaching

Saturday 1pm - 2:30 pm

£10.50 members | £13.50 non-members

MEET THE WINTER TEAM CAPTAINS



Grantham Mixed 1st
Sarah Patton



Grantham Mixed 2nd
Sue Cox / Helen Jackson



Grantham Mixed 4th
Pam Aust



Grantham Mixed 4th
Kate Richardson



Grantham Mens 1st
Rob Start



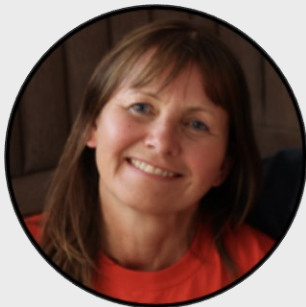
Grantham Mens 2nd
Pete Elphick



Grantham Mens 3rd
Pete Moseley



Grantham Mens 4th
Jack Barnes Thompson



Grantham Ladies 1st
Melanie Bloodworth



Grantham Ladies 2nd
Ros Elphick



Grantham Ladies 3rd
Kate Richardson



Grantham Ladies 4th
Sarah Brown

The club runs various teams in both the Lincolnshire and Nottinghamshire leagues to cater for both juniors and adults. Playing in a team is not only a great way to take your tennis game to the next level but you will also get involved in the tennis community where you will meet new people and develop lasting relationships. If you are interested in playing team tennis, please contact reception or a club coach who will put you in touch with the relevant captain.

GTC also has its own Sunday Night League which has 3 divisions. Watch out for new ladder leagues coming ASAP!

GET IN TOUCH

Tennis Open Hours

Monday | 8 am – 9:00 pm
Tuesday | 8 am – 9:30 pm
Wednesday | 8 am – 9:00 pm
Thursday | 8 am – 9:30 pm
Friday | 8 am – 9:00 pm
Saturday & Sunday | 8 am – 6:00 pm

Gym Open Hours

Monday - Friday | 6 am – 9:00 pm
Saturday & Sunday | 8 am – 4:00 pm



01476 591391



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