

GRANTHAM TENNIS CLUB

January 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

GTC Christmas Disco Party



The spirit of Christmas came alive at Grantham Tennis Club over the holidays as members and guests gathered for a dazzling and spirited Christmas Disco Party. The cafe was transformed into a dancefloor, resonating with infectious beats, laughter, and the joyous clinking of glasses. It was an evening filled with the blend of energetic rhythms, merriment, and the warmth of the holiday season.

The ambiance was set the moment guests stepped through the doors adorned with festive DJ lights, intermingled with the sound of merry chatter. The air buzzed with anticipation as friends, families, and tennis enthusiasts came together to revel in the holiday cheer.

The heart of the evening was the remarkable DJ who effortlessly spun tracks that spanned across eras and

genres, ensuring there was something for everyone. From timeless Christmas classics that filled the air with nostalgia to contemporary hits that had everyone tapping their feet, the music was an enchanting blend that kept the dancefloor alive.



NEWS

Feeling Good Christmas Party



The "Feeling Good" tennis group came together for a heartwarming Christmas celebration that embodied the true essence of support, understanding, and camaraderie. Within the safe embrace of this community, individuals found not just solace but a place of belonging where they could celebrate the holiday season in their unique, comforting way.

The "Feeling Good" project was designed to be an oasis of understanding among peers who share similar experiences. As they convened for their special Christmas celebration, the air was filled not only with the anticipation of the holidays but also with an unspoken bond that united them. If you're interested in joining the Feeling Good group, visit reception for details!

Christmas Jumper Week



The holiday spirit descended upon our club in a whirlwind of color, creativity, and festive fervor during our Christmas Jumper Week. As members and staff appeared in the club, dressed to celebrate the season, there was a palpable sense of excitement and festivity in the air.

Throughout the week, the club was a vibrant tapestry of holiday cheer as members and staff donned an array of the most dazzling, quirky, and downright delightful Christmas jumpers and hats imaginable. Each Christmas outfit was a testament to the creativity and enthusiasm of our community.

— WHATS ON —

Disability Christmas Party



The spirit of the season shone brighter than ever at our Disability Christmas Party, where joy, laughter, and a sense of togetherness filled the air. This year's festivities weren't just about merriment; they were a testament to the power of inclusion and the magic created by a community coming together. With activities that ranged from tennis to bingo and a spread of delectable delights, the event was a resounding success, thanks to the unwavering support and dedication of some remarkable individuals.

A special thank you to Michelle Bennett, Jonathan Bennett, and Sarah Caven for organising such a memorable event for everyone!

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, a DJ, 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

NEWS

GTC's Valuable Sponsors



Check Out Our Venue Spaces



We would like to acknowledge the incredible support of our 2023 sponsors. Your contributions have assisted in the success throughout the past year. We thank you for your continued support of our club.

- | | |
|---------------------------------------|-------------------------------------|
| Allison Homes | Smith Construction |
| Belvoir Fruit Farms | Stubton Hall |
| Brown & Co | The Dunn Foundation |
| Dat Com Ltd | Total Compliance |
| Hood Park Accountants | Totemic |
| KBR Gas | Viking Signs |
| Kelham Construction | |

As we turn the page to 2024, we extend a warm welcome to prospective new sponsors eager to join us in shaping the future. Your partnership is an opportunity to be part of something truly special, where your support goes beyond mere sponsorship; it becomes a collaborative journey towards shared goals and mutual success. If you're interested in learning more about our sponsorship opportunities for the upcoming year and becoming a vital part of our community, please don't hesitate to get in touch by emailing our coordinator Melanie at, melanie@granthamtennisclub.co.uk

GTC offers a spectrum of spaces to bring your events to life! Check out our venue spaces for your next party, meeting, class, or get-together.

The old club house stands as a charming cornerstone of GTC's history. You will find this open space with a kitchen attached perfect for your gatherings. This space serves as the perfect location to host meetings, classes, and so much more.

GTC Bar Space offers a dynamic atmosphere perfect for socialising and raising a toast to memorable moments. Bathed in warm hues our bar offers a welcoming and friendly atmosphere for any celebratory occasion.

The Grass that lies beyond the confines of our club is an open canvas waiting for your imagination to paint upon. Nestled behind the club, this outdoor area beckons events into the embrace of nature, offering a picturesque setting for all fresco affairs. With endless possibilities for tented celebrations, games, or even serene gatherings under the open sky, this space transforms any event into a memorable outdoor extravaganza.

WHATS ON

Newcomers Welcome



Pickleball, a game that's been gaining traction across the globe, has found a special place in the hearts of our Tennis Club members. Introduced as an exciting addition to our sports repertoire, this fusion of tennis, badminton, and ping-pong has become a sensation, drawing players of all ages and skill levels to the courts. What's the secret behind its popularity, and why should you join the excitement?

Firstly, pickleball offers a fantastic blend of athleticism and accessibility. It's a game that welcomes beginners with open arms while still challenging seasoned athletes. The smaller court size and modified equipment make it easier for newcomers to grasp the basics quickly, fostering a sense of accomplishment from the get-go. At our club, we've witnessed members transitioning effortlessly from tennis to pickleball, relishing the fast-paced action and strategic gameplay that keeps them engaged and eager for more.

Moreover, the health benefits of pickleball are undeniable. It's a fantastic cardiovascular workout that improves

agility, balance, and reflexes. The dynamic nature of the game, with its quick rallies and varied shots, ensures that players get a full-body workout without feeling overly exerted. Beyond the physical perks, pickleball fosters a sense of community and camaraderie. Our Tennis Club has witnessed friendships form and strengthen on the pickleball court, as players bond over shared victories and friendly matches.

If you're curious about pickleball, we invite you to join us and experience the thrill firsthand. Our club offers friendly games for beginners, ensuring a welcoming environment for everyone. Whether you're a tennis enthusiast looking for a new challenge or someone entirely new to racquet sports, pickleball awaits you with its infectious energy and endless possibilities. Come join us, grab a paddle, and discover why our Tennis Club members have fallen in love with this exhilarating game!

We offer 2 sessions each week to play. See below for details

Wednesday

Indoor Court 1

Age: 14 + and Adults

7:00 pm - 9:00 pm

£10 members/ nonmembers

Saturday

Indoor Court 1

Age: 14 + and Adults

3:30 pm - 5:00 pm

£7.50 members/ nonmembers

WHATS ON

Check out our Library



Upstairs, nestled in a cosy corner, resides our cherished little library shelf, a haven for books of all ages. Its shelves stand adorned with an array of treasures, showcasing a mix of adult and children's books that beckon with tales waiting to be explored. This quaint sanctuary is more than just a collection of literary gems; it's a testament to our community's commitment to fostering a love for reading. Here, we extend an open invitation to all, encouraging members to both take a book and leave a book, thus perpetuating a beautiful cycle of literary exchange. It's a humble yet powerful gesture that binds us together, weaving the fabric of a community where the magic of storytelling thrives.

Beyond the mere exchange of books, our little library shelf embodies the spirit of inclusivity and shared knowledge. This modest shelf symbolises our commitment to building a community that values written words, where every donated book represents a story shared.

View our Art Gallery



Step into our art gallery upstairs on the balcony, a mesmerising tapestry that adorns our wall with the vibrant expressions of local artists. Each stroke of paint and every sculpted curve tells a unique story, a narrative woven from the creative minds of our community's talented individuals. This gallery isn't just a space to admire art; it's a celebration of the rich tapestry of local talent, a testament to the diversity of artistic vision that graces our walls. Every piece on display is more than an object; it's a labor of love, a manifestation of passion and skill waiting to find its perfect home.

Beyond the beauty that captivates the eye, each artwork tells a story about the place it was born, the artist who brought it to life, and the essence of our community. More than a gallery, it's a platform that champions local talent, providing a space for artists to showcase their work and connect with appreciators who seek not just art, but a piece of the soul of our community.

WHATS ON

Tennis Camp



Join in the creativity



We invite our younger community to extend the holiday spirit into the new year at our Winter Tennis Camp.

Join us 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!

Mini / Junior Tennis Camp
Tuesday, 2 January
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
Tuesday, 2 January
Age: 3 - 5 years old

10am - 11am
£7 member | £9 non-member

Break out the crafts and unleash your inner creativity with our crafting group! Join us for a beloved gathering where craft enthusiasts come together to share ideas, create beautiful projects, and foster a sense of community. Bring your knitting needles, crochet hooks, or sewing gear. Everyone is welcome to join

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.

Join us every second Tuesday of the month!

Next date 9th of January
12:30 PM - 2:30 PM

WHATS ON

2024 Term Schedule

Those of you that have been at GTC for a while know that our tennis terms run on the same schedule as the Lincolnshire School terms. With that said, we thought you might want the term plans for 2024. Normal classes will run during the terms and special classes / camps will take place during the half terms.

Term 3	3 January	9 February
Half Term	10 February	28 February
Term 4	19 February	28 March
Half Term	29 March	15 April
Term 5	16 April	24 May
Half Term	25 May	2 June
Term 6	3 June	19 July
Half Term	20 July	3 September
Term 1	4 September	18 October
Half Term	19 October	28 October
Term 2	29 October	19 December
Half Term	20 December	5 January

— WHATS ON —

Cards for Sale



Get ready to add a splash of creativity to your greetings! We bring you an exquisite collection of cards curated from diverse artists, each piece a masterpiece in its own right. From vibrant watercolors to intricate sketches, our selection showcases a spectrum of styles and emotions, ensuring there's a card for every occasion and sentiment. Whether you're celebrating milestones, expressing gratitude, or sending heartfelt messages, these cards transcend the ordinary, offering a glimpse into the artists' unique perspectives. With designs that speak volumes and resonate with diverse tastes, our assortment promises to elevate your greetings to unforgettable moments of connection and expression.

Support your tennis club and local artists by purchasing a card from our display in front of reception. Cards can be purchased at the reception desk.

Hoodie Season



Winter's here, and so are our fantastic Tennis Club hoodies! It's time to elevate your winter wardrobe with a touch of tennis flair. Our hoodies aren't just clothing; they're a symbol of unity within our passionate tennis community. The embroidered club logo speaks volumes about our shared love for the sport, creating a sense of belonging every time you wear it. These hoodies are designed to keep you warm during chilly matches or casual outings, ensuring you stay comfortable without compromising on style. Grab your own piece of club pride and warmth to make this winter season an ode to our dedication to tennis. Show off your support for our club while staying cozy and chic - it's a win-win situation!

Hoodies can be customized by adding a name to the back, see reception for details or fill out an order form on the next page!

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



GRANTHAM TENNIS CLUB

01476 591391

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

PRO SHOP

The Perfect Gift This Holiday Season



As the festive cheer slowly dissipates, the arrival of a new year signals a profound opportunity for rejuvenation and personal growth. While resolutions often revolve around health and self-improvement, why not channel that energy into enhancing your tennis game? Whether you're a seasoned player or someone stepping onto the court for the first time, this new year offers an ideal juncture to invest in your tennis journey. And what better way to kickstart this pursuit than by visiting our pro shop—a haven brimming with the latest in tennis gear and expertise?

The holiday season's indulgences may have left a lingering mark, but with the dawn of the new year comes a chance to pivot towards a healthier, more active lifestyle. Tennis, a sport celebrated for its physical and mental benefits, stands poised as an avenue for personal

development. Investing in quality gear, from rackets designed for precision to attire crafted for both comfort and style, sets the stage for a year of success on the court.

Our pro shop isn't just a repository of tennis essentials; it's a gateway to realising your New Year's resolutions. Imagine gripping a brand-new racket that aligns perfectly with your playing style, or donning attire that not only accentuates your presence on the court but also enhances your performance. Accessories, to fine-tune your game, await eager enthusiasts seeking to elevate their skills.

But beyond the tangible allure of new gear lies the promise of a journey—of growth, discipline, and fulfillment. As the calendar turns, seize the opportunity to invest in your tennis endeavors. Commit to refining your technique, embracing challenges, and reveling in the sheer joy of the game.

Let this New Year be the canvas upon which you paint your tennis aspirations. Visit our pro shop and embark on a transformative journey—one that transcends resolutions and evolves into a thriving, passionate pursuit of the sport. Together, let's make this year on the court a testament to dedication, progress, and the relentless pursuit of excellence.

PLAYER OF THE MONTH



Josh Wood

Josh has been playing tennis since May 2022. He came to the club with no tennis background. Since joining us in 2022 he has come a long way! He has become quite active in tennis by regularly attending adult group coaching in the evenings, playing in the box leagues and ladders league, playing in friendly doubles matches, and he plays with his partner occasionally. Josh has recently started playing in our men's division 7 team that started up in September and in the Sunday night league. Well done Josh!



Evie Selby

Evelyn demonstrates our GTC Values and is committed to her tennis by regularly attending our GTC Saturday Mini Drop-In 9am. She continues to set high standards by always being the first to arrive and bringing positivity to each session. Eve has a unique willingness to take on any challenge and always approaches it with the best of her ability. Our very popular Drop-in classes usually see high volumes of new members who attend and Evie always makes them feel included and welcomed. It's a joy to work with Evie! She is a player GTC is very lucky to have.



Yuvan

Yuvan Putla is so passionate about his tennis journey by, constantly demonstrating great attention to detail, maturity, and taking ownership of his decisions no matter how big or small they are. He adds countless hours on court between attending our GTC 11-14yrs Performance groups and his regular hits with one of our registered GTC Hitters, and Individual lessons with coach Stuart. During the Summer 2023, he registered his first competition experiences at GTC Grade 3 & Club Closed events, where he displayed trust and focus on his game style. He managed his emotions well and accepted tough challenges that competition brings. These experiences only gave him more motivation to progress his technical fundamentals and expand his knowledge of the game, taking him to next level of work ethics. He has gained more positive competition experiences, mostly away from the club, and has entered the GTC ladder league.

His encouragement to others is fantastic, and he has a strong bond with his peers. Yuvan is a great role model for our GTC values and training standards. It's been an absolute pleasure working with him to develop his journey. Well done.

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



Emma Louise Hemmingway

Well, what can we say about Emma! She has been incredible since coming to GTC gym. She has been on her journey and given 100% every single session (even the ones that she didn't feel like doing). Emma has used her membership well asking for advice from coaches and taking it on board and reaching her goals. In the new year Emma will take up a free gym programme to push her on further and bypass those goals. Always a smile and a win Emma well done.



June Noble

It has been an absolute pleasure to have June join us in the gym. June joined us back in September and has made amazing progress, she came off the courts and planned to only be with us for a month but has decided to stay on after seeing all the progress she has made and all the benefits the gym has given her. June always has a smile and hello with kind words for the staff. Huge well-done June and thank you for all the kind words.

— 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

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

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

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 7pm - 9pm

£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

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

For term lessons, visit our website or see our receptionist. We have classes to help you improve no matter your age, abilities, or disabilities.

MEET THE WINTER TEAM CAPTAINS



Grantham Mixed 1st
Sarah Patton



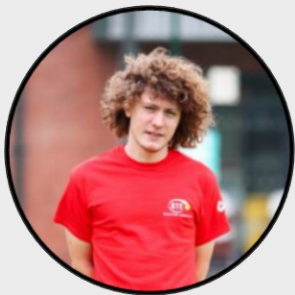
Grantham Mixed 2nd
Sue Cox / Helen Jackson



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



Grantham Tennis Club Gonerby Rd, NG31 8HU



www.granthamtennisclub.co.uk



info@granthamtennisclub.co.uk