

GRANTHAM TENNIS CLUB

July 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.

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 by email or give us a call!

NEWS

Judy Murray Visits GTC



Grantham Tennis Club had the privilege of hosting Judy Murray on June 9th. She assisted our coaches throughout the day across seven different tennis classes. Players had the opportunity to hit with her and Andrew Castle and to join in a number of games.

Judy has raised 2 Wimbledon Champions. Her sons, Jamie and Andy Murray carry on her legacy of perseverance and hard work. Judy has established a name for herself holding 64 Scottish titles. We felt so honoured to have Judy in our presence.

The day concluded with an interview led by Andrew Castle and a Q&A session where our members got to personally ask Judy questions. 3 member's names were drawn in a raffle to win a signed copy of her latest book "*The Wild Card.*" Thank you for the fabulous memory Judy!



NEWS

Finlay's 24 Hour Tennisathon



For 24 hours, family and friends of Finlay came down to GTC to play tennis in honour of Fin. Among many tennis players, Stuart McLean was a star and played tennis for a straight 24 hours. *"Thank you Stuart for everything you did on the day"* -Tracey Topham (Finlay's mother)

Tracey Topham worked tirelessly to organise a raffle, tombola, and bake sale. All the money raised on the day has been donated to charities that supported Fin during his 16 years. At the conclusion of the event, it was reported that over £2,000 was raised on the day, resulting in a grand total of £6,300 raised in Fin's name.

"As a family we want to thank everyone who helped and took part in the 24-hour tennisathon. We are forever grateful to you all for helping us raise so much money in honour of our Finlay. We would also like to thank Grantham Tennis Club for hosting the event. Everyone becomes one big family at GTC." -Tracey Topham

WHAT'S ON

Pickleball Takes Off



We are pleased to report the tremendous success of our recently launched Pickleball Classes. This programme has gained significant attention and has proven to be an outstanding addition to our club's offerings. Since the inception of the Pickleball Class, we have experienced a surprising increase in community participation in pickleball. The class has consistently attracted a high number of participants, resulting in full classes and enthusiastic players. The attendance rate has exceeded expectations.

The feedback received from participants has been overwhelmingly positive. Members express their satisfaction with the class, emphasising the engaging nature of the sport, the quality of instruction, and the enjoyable and inclusive atmosphere. Many have remarked on the challenging yet accessible nature of Pickleball, making it suitable for a wide range of fitness levels

and age groups. The overwhelming success of our Pickleball Class has sparked a surge in demand, with participants eagerly looking for more opportunities to play. To meet this growing interest, we are expanding our class offerings and exploring the possibility of introducing specialised classes and workshops for advanced players. Our aim is to ensure that every member has access to this exciting fitness experience, regardless of their skill level.

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 - 12PM

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 12pm - 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)



WHAT'S ON

Club Events That Will Affect Opening Hours



Wimbledon Mixed Doubles Social Tournament



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

Join Our Mixed Doubles Social Tournament, where fun and friendly competition meet!

Are you ready to team up, showcase your skills, and enjoy a thrilling day of tennis? Look no further! Our Tennis Doubles Social Tournament is the perfect opportunity to experience the excitement of friendly competition in a welcoming environment, and enjoy strawberries and cream. Our members are welcome to hang around after and watch the finals on the big screen in our café.

Sunday, July 16, 2023

10:00am - 1:00am

£12 Per person

(this includes a serving of strawberries and cream)

WHAT'S ON

Men's & Ladies Team Practice



Ever wanted to play in teams but unsure how to get started? This practice is for you! Our Tennis Team Practice is designed to help you reach your full potential as a tennis player. Whether you're a seasoned athlete or new to the sport, our sessions are tailored to accommodate players of all levels. Our expert coaches will provide personalised guidance, focused drills, and strategic training techniques to enhance your technique, footwork, agility, and overall game proficiency. Our Tennis Team Practice prepares you for the excitement of competitive play. You'll have the chance to participate in friendly matches, team tournaments, and league events. Come down, meet the captains of GTC teams and make new friends.

Pre-booking is required
Sunday 9th July 10am - 12pm

Boot Camp



GTC Gym will be running an outdoor boot camp (weather permitting). It will be 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.

Boot camp has been designed to accommodate all levels and is all about the individual. Gavin, our Gym coach will run the classes and be on hand to guide and motivate you through the session. Can you conquer the battle rope? Or can you flip that tyre yourself or will your team get you to the end. You have a whole summer to surpass your goals.

Every Monday in July to September
9:30am - 10:30am
£5 members | £7.50 non-members

— WHATS ON —

Gym Circuit Training



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

GYM Body Pump Class



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 24 - Thursday July 27

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 | July 25, August 1,
August 15, August 22

Mini Orange and Green

Age: 9 - 10 years old

£7 member | £9 non-member

Tuesday 5pm to 6pm | July 25, August 1,
August 15, August 22

Yellow Ball

Age: 11 - 18 years old

£7 member | £9 non-member

Tuesday 6pm to 7 pm | July 25, August 1,
August 15, August 2

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 10am to 11am
£5 members | £7 non-members (Booking Advised)

Open-Play Pickleball Adult & Teen 11am to 12noon
£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

NEWS

Nottingham Open Ball Crew



From the 10th to the 18th of June, two of our very own GTC members (Archie and Elijah) along with 62 other people had the privilege of ball crewing at the Rothesay Open at Nottingham Open Tennis Center. Not only did they have the experience of ball crewing, but they also got to meet several tennis professionals including the former number 1, Andy Murray. If you haven't been to the event before, it is highly recommended.

"Luckily enough my brother and I had the opportunity to ball crew for Andy Murray himself. This was by far my favourite match I ball crewed. For the first time in 46 years, it was an all-British women's singles final and for the second year running it was an all British men's doubles final. Over the course of the week, I got to meet tennis players from all around the world and even got George Loffhagen's towel. I thoroughly enjoyed my time at the Nottingham open and can't wait to be back next year." - Archie



"I have done it for 2 years whereas for Archie this is his first year. However, this year was unlike any other, as Andy Murray was playing in the men's singles. Beatriz Haddad Maia, last year's winner, was also playing after making the French Open semi finals. Sakkari the world number 12 came for the 2nd year running. However, in the ladies singles, not a single one of the 8 seeds made it past the second round, into the quarters. Andy Murray did win on the other hand, and I had the privilege to be on court for his final.

As well as that, the weather was perfect and only one game had to be suspended because of rain. All in all, it was an amazing opportunity to watch some tennis and socialise with other people as well." - Elijah



GTC PRO SHOP

Shop, play, & shop again



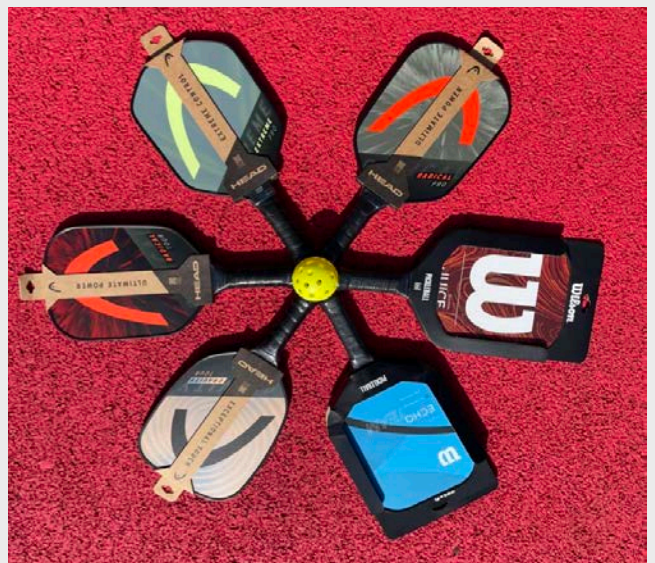
Are you ready to step onto the court and conquer the game of tennis? Look no further than our Pro Shop, your ultimate destination for all things tennis! We are passionate about the sport, and we're here to equip you with the finest gear and unleash your true potential.



At GTC, we believe that quality gear should be accessible to all players. That's why we offer competitive prices that won't break the bank. Get the best value for your money without compromising on quality. Discover a wide range of top quality equipment & apparel.

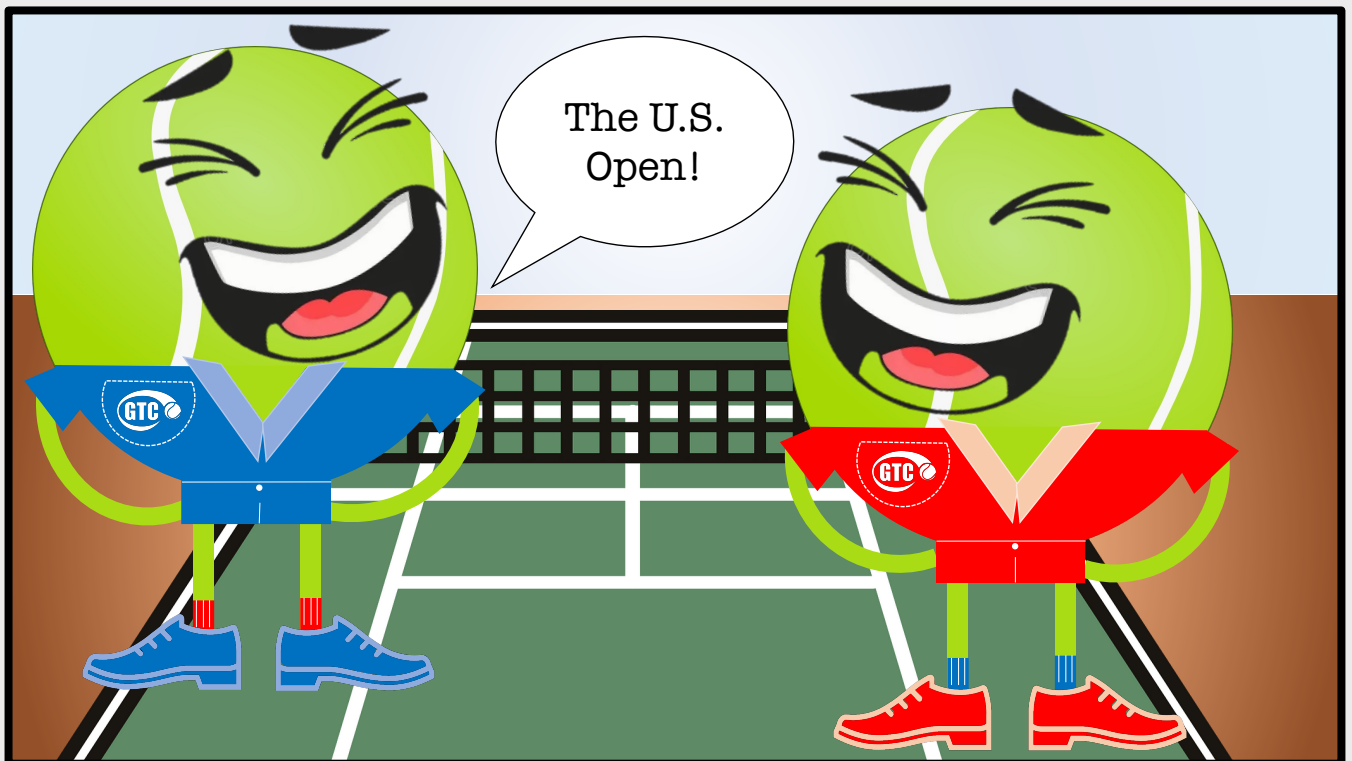
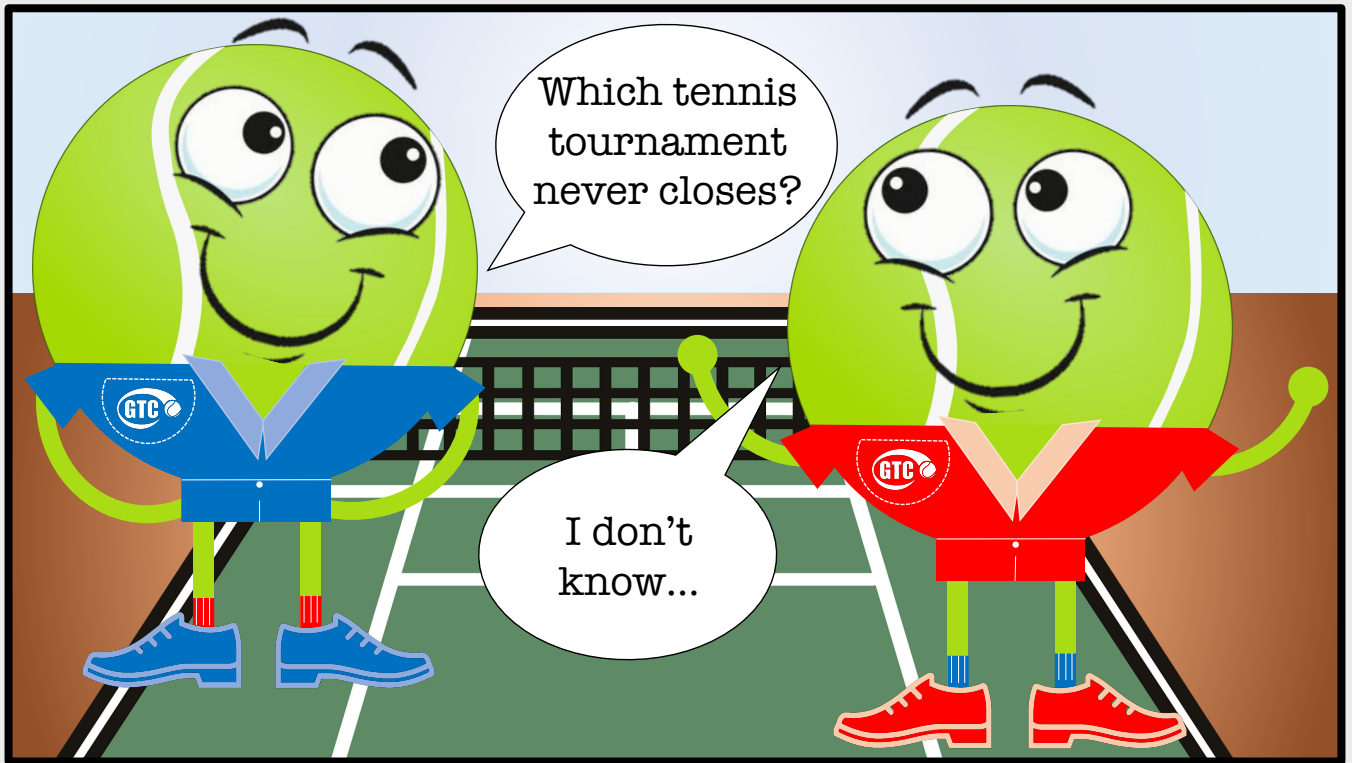


Are you ready to take your pickleball game to the next level? Look no further! We have stocked our shop with an incredible range of pickleball products that will elevate your skills and enhance your playing experience. Whether you're a seasoned pro or just starting out, our shop has something for everyone. Don't miss out on this fantastic opportunity to gear up and save big! Visit our shop today to explore our wide selection of premium quality products for sale. Our expert staff are prepared to answer all your pickleball enquiries and help you find the perfect product for your needs. Your journey to pickleball greatness begins here!



JOKES

In this Newsletter addition ,we are introducing our new GTC Tennis ball friends! Stay tuned for upcoming jokes told by our silly lovable friends. Have a joke you'd like to share? Send it to the email listed at the bottom of the page.



PLAYER OF THE MONTH



Albie Bachler

Albie has rapidly progressed his tennis journey by gaining a variety of tennis experiences, such as group coaching (both development and competition), individual lessons, match practices (GTC Ladder League) and representing GTC in both Winter and Summer Lincolnshire Leagues where he's had success. His enjoyment for the sport has grown and is demonstrated with great work ethic, sets high standards during training, and makes himself available for events. Albie was slowly introduced to competition as the priority was to help him grow his confidence in new surroundings. Once demonstrated, his ability to transfer the new tennis fundamentals in open practices grew into being a regular participant to match practices. All this has given him the opportunity to be recently invited to our performance programme where he has proven to be a great addition. Albie is welcoming, honest, and encouraging to his teammates, these qualities are reasons as to why he has made many friends within the club. Our coaching team enjoy working with him and look forward to seeing where this great sport takes him. Well done, Albie!

Avni, Grace, Gracie, Holly, Lili, & Sophie



These young players range from 11yrs to 17yrs and have continued to turn up to cardio tennis on a Saturday morning at 9am most weeks. They have turned up regularly throughout the winter, even when the weather has been cold and wet. They are proof that cardio tennis is a fun and social way to enjoy tennis at whatever ability or age you are. Everyone gets to hit lots of tennis balls, and to join in fun tennis games and drills. Coach Sarah is so proud to see them increase in confidence and skills week by week and the celebration of their own and their friend's success is infectious. Coach Sarah does think they believe they go unseen when they walk around the court chatting instead of running or sometimes taking a short cut!! But to be honest so do some of the adults (you know who you are!) Sarah was particularly impressed by the older girls as they can be tricky to keep in sport. One time, Sarah asked them what they enjoyed about cardio tennis. Was it the cardio playlist that they enjoyed? They just smiled at her, as teenagers often do and confessed that it wasn't really their choice to come but a bargaining from their mums.

SARAH SHEPPARD-SMITH, SUZIE MCKENNY,
& AGA MARCHEWKA



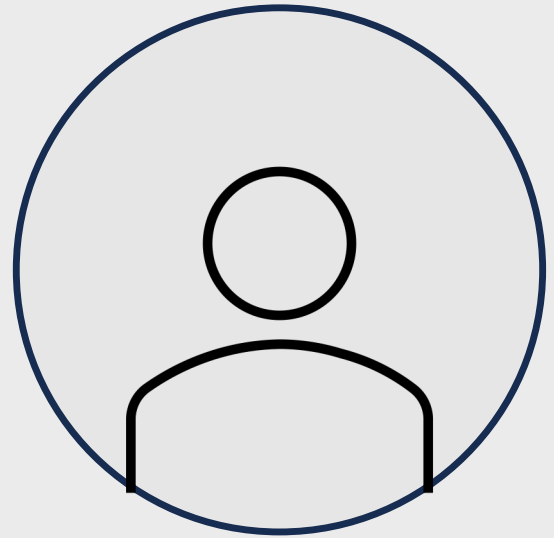
These ladies became members at GTC around the same time and have made full use of our unique GTC facilities. As close friends, they have been on similar tennis journeys from a very limited tennis background, to regularly attending our very popular Beginner groups, Adult Drop-In, Cardio Tennis, and Adult Improver groups. During this, their confidence has grown, and love for our great sport is all to see. Much of their time is not only spent with their families on court, but they also have a high attendance in between coaching groups at GTC events, and their inclusiveness to other members by regularly arranging friendly match practices. All these ladies are a pleasure to work with, they bring so much energy and positivity on court. They have a unique enthusiasm to transfer their new skills into match practice, and willingness to take on different challenges in aid of their tennis progressions. Keep enjoying your journeys and time at GTC.

GYM MEMBER OF THE MONTH



Emma Sheardown

This young lady has been an inspiration to so many in the gym. Emma has been with us nearly 2 years now. What an incredible journey she has been on with us. Emma took a short break from the gym but has come back strong. Her progression has been a pleasure to watch as she has worked hard to reach her goals. Emma has gained so much more independence and be seen regularly looking cool in her shades as she drives down to the gym in her scooter. Many gym members always say how much she inspires them.



James Holland

James has been a regular with us for a while now, he has been working hard and doesn't get distracted during his workouts. The improvements he has made has been obvious to see and well earned.

We look forward to seeing James's progress more and push beyond his goals. Great effort James

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

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

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

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: 31st August 2023



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