

Grantham Tennis Club & Gym

Gonerby Road, Grantham, NG31 8HU

01476 591391 | info@granthamtennisclub.co.uk | www.granthamtennisclub.co.uk



Course Information

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

In inclement weather conditions, please call reception who will advise if the lesson is still on.

You **do not** have to be a member to have lessons within the coaching programme apart from any Performance or competition groups.

Coaches and court allocation may change after each term.

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

Level	Day	Time	Coach	Price
Tots & Mini Drop In (3 to 9 years old)	Sat	9am - 10am	Stuart Calow	Mem: £5 - Non-Mem: £7
Junior Drop In (10+ years old)	Sat	10am - 12 noon	Stuart Calow	Mem: £6 - Non-Mem: £8
Cardio Tennis (10+ years old)	Sat	9am - 10am	Sarah Patton	Mem: £5 - Non-Mem: £7
Junior Disability	Sat	12 noon - 1pm	Paul Singleton	£5 per player
Wheelchair Coaching	Sat	1pm - 2.30pm	Paul Singleton	Mem: £10.50 - Non-Mem: £13.50
Learning Disability Coaching	Thu	4.30pm - 5.30pm	Paul Singleton	Mem: £7 - Non-Mem: £9
Learning Disability Coaching	Thu	5.30pm - 6.30pm	Paul Singleton	Mem: £7 - Non-Mem: £9
Learning Disability Coaching	Sat	2.30pm - 3.30pm	Paul Singleton	Mem: £7 - Non-Mem: £9

Termly Coaching

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

Each term is to be paid before or on the first week of lessons. Lessons cost £7 for members and £9 for non-members unless 1 ½ hours. A seven week term for a member would cost £49.

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

Tots Course: 3 to 5 years old

Level	Day	Time	Coach
Dev	Tue	4.15pm - 5pm	Megan Jones
Dev	Sun	9am - 9.45am	Megan Jones
Dev	Sun	9.45am - 10.30am	Megan Jones
Perf	Mon	4pm - 5pm	Megan Jones
Perf	Wed	4pm - 5pm	Megan Jones

Mini Red Course: 5 to 8 years old

Level	Day	Time	Coach
Dev	Tue	4pm - 5pm	Stuart Calow
Dev	Tue	4pm - 5pm	Paul Singleton
Comp	Tue	4pm - 5pm	James Ford
Dev	Fri	4pm - 5pm	Stuart Calow
Dev	Fri	4pm - 5pm	Paul Singleton
Comp	Fri	4pm - 5pm	James Ford
Dev	Sun	9am - 10am	Lewis Rae
Dev	Sun	9am - 10am	Lewis Rae
Perf	Mon	4pm - 5pm	Lewis Rae
Perf	Wed	4pm - 5pm	Lewis Rae

Mini Orange Course: 9 years old

Level	Day	Time	Coach
Dev	Tue	5pm - 6pm	Stuart Calow
Dev	Fri	5pm - 6pm	Stuart Calow
Dev	Sun	10.30am - 11.30am	Megan Jones
Perf	Mon	4.30pm - 6pm	Lewis Rae
Perf	Wed	4pm - 6pm	Lewis Rae
Perf	Thur	4pm - 5pm	Lewis Rae

Mini Green Course: 10 years old

Level	Day	Time	Coach
Dev	Tue	6pm - 7pm	Stuart Calow
Dev	Fri	6pm - 7pm	Stuart Calow
Dev	Sun	11.30am - 12.30pm	Megan Jones
Perf	Mon	4.30pm - 6pm	Lewis Rae
Perf	Wed	4pm - 6pm	Lewis Rae
Perf	Thur	4pm - 5pm	Lewis Rae

Junior Yellow Ball Course: 11 to 14 years old

Level	Day	Time	Coach
Dev	Tue	5pm - 6pm	Megan Jones
Dev	Tue	5pm - 6pm	James Ford
Dev	Tue	6pm - 7pm	Paul Singleton
Dev	Fri	6pm - 7pm	Paul Singleton
Dev	Sun	12.30pm - 1.30pm	Megan Jones

Teen Yellow Ball Course: 15 to 18 years old

Level	Day	Time	Coach
Dev	Tue	6pm - 7pm	Paul Singleton
Girls	Thur	6pm - 7pm	Stuart Calow
Dev	Fri	5pm - 6pm	Megan Jones
Dev	Fri	7pm - 8pm	Paul Singleton

Yellow Ball Competition and Performance: 11 to 18 years

Level	Day	Time	Coach
Comp	Mon	5pm - 7pm	Paul Singleton
Comp	Tue	5pm - 6pm	Paul Singleton
Comp	Wed	5pm - 6pm	James Ford
Comp	Fri	5pm - 6pm	Paul Singleton
Comp	Sat	10am - 12 noon	Paul Singleton
Perf	Mon	6pm - 7pm	Lewis Rae
G Perf	Mon	6pm - 7pm	Megan Jones
Perf	Tue	7am - 8.30am	James Ford
Perf	Wed	6pm - 7.30pm	James Ford
Perf	Wed	6pm - 7.30pm	Lewis Rae
Perf	Thur	7am - 8.30am	James Ford
Perf	Thur	5pm - 6pm	James Ford
G Perf	Thur	5.30pm - 7pm	Paul Singleton
Perf	Sat	10am - 12 noon	James Ford

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Termly Coaching

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Adult Coaching Sessions

Level	Day	Time	Coach	Note / Cost
Technique Group	Mon	11.30am -12.30pm	Paul Singleton	See poster for term
Adult Beginners	Mon	7pm - 8pm	Paul Singleton	Termly session
Adult Beginners	Fri	7pm - 8pm	Stuart Calow	Termly session
Adult Improvers	Mon	8pm - 9pm	Paul Singleton	Termly session
Adult Coaching	Tue	10am - 11am	Lewis Rae	Drop In: £7 members / £9 non-members. All abilities
55+ Adult Improvers	Tue	1.30pm - 2.30pm	Lewis Rae	Drop In: £7 members / £9 non-members
Ladies 3 rd Team	Tue	7pm - 8.30pm	James Ford	Invitation course. Please ask Reception for details
Adult Improvers	Tue	7pm - 8pm	Stuart & Paul	Termly session
Feeling Good	Wed	10am - 11am	Lewis Rae Stuart Calow	Drop In: £5 members / £6 non-members
Ladies 1 st / 2 nd Team	Wed	6pm - 7pm	Stuart Calow	Invitation course. Please ask Reception for details
Mens 1 st / 2 nd Team	Wed	7pm - 8pm	Stuart Calow	Invitation course. Please ask Reception for details
TB10s (1 st / 2 nd Team)	Wed	8pm - 9pm	Steve Wallace	Invitation course. Please ask Reception for details
Adult Improvers / Intermediates	Thur	1pm - 2.30pm	Stuart Calow	Drop In: £10.50 members / £13.50 non-members
Ladies Improvers	Thur	7pm - 8pm	James Ford	Termly session
Adult Coaching	Sat	1pm - 2pm	Stuart Calow	Drop In: £7 members / £9 non-members. All abilities
Cardio Tennis	Thur	9.30am - 10.30am	Joe Hill	Drop In: £7 members / £9 non-members. All abilities
Cardio Tennis	Fri	9.30am - 10.30am	Megan Jones	Drop In: £7 members / £9 non-members. All abilities
Cardio Tennis	Sat	9am - 10am	Megan Jones	Drop In: £7 members / £9 non-members. All abilities
Walking Tennis	Mon	12.30pm - 1.30pm	Paul Singleton	Drop In: £5 members. All abilities
Walking Tennis	Mon	1.30pm - 2.30pm	Paul Singleton	Drop In: £5 members. All abilities
Learning Disability Coaching 1	Thur	3.30pm - 4.30pm	Paul Singleton	Drop In: £7 members / £9 non-members
Learning Disability Coaching 2	Thur	4.30pm - 5.30pm	Paul Singleton	Drop In: £7 members / £9 non-members
Learning Disability Coaching	Sat	2.30pm - 3.30pm	Paul Singleton	Drop In: £7 members / £9 non-members
Wheelchair Coaching	Sat	1pm - 2.30pm	Paul Singleton	Drop In: £10.50 members / £13.50 non-members

Grantham Tennis Club & Gym Coaches

Level	Name
Level 4	Stuart Calow
Level 5	James Ford
Level 3	Megan Jones
Level 3	Lewis Rae
Level 3	Sarah Patton
Level 3	Paul Singleton
Level 3	Rob Start
Level 2	Tim Martin
Level 2	Sue Stannard

Coaches biographies are displayed in the cafe

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

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

Non-members can have lessons but will be charged a visitor fee at the current rate.

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

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

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