**Newlands LTC – 2021 Adult Tennis Programme – starting 5th April**

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|  | **Day** | **Time** | **Class** |
| **New/****Returning to Tennis players** | Monday | 930-1030am | Ladies Morning\*Restarts 19th April |
| Wednesday | 830-930pm | Cardio Tennis |
| Thursday | 630-730pm | Rusty Rackets/New to Tennis |
| Sunday | TBC each month | Sunday Social Tournament\*Monthly |
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| **Social/****Intermediate players** | Monday | 930-1030am | Ladies Morning\*Restarts 19th April |
| Wednesday | 830-930pm | Cardio Tennis |
| Saturday | 1-2pm | Adult Club |
| Sunday | TBC each month | Sunday Social Tournament\*Monthly |
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| **Team players** | Wednesday | 830-930pm | Cardio Tennis |
| Saturday | 1-2pm | Adult Club |
| Various | Various | Team Training |
| Sunday | TBC each month | Sunday Social Tournament\*Monthly |

All classes are **FREE to members** and must be booked via the club website www.newlandsltc.co.uk. Classes can be booked a fortnight in advance. We hope the above programme provides sessions for all levels but please contact a member of the coaching team if you are unsure which class to attend. General coaching enquiries should be directed to steeltennis@newlandsltc.co.uk

Step by step how to book:

1. Visit [www.newlandsltc.co.uk](http://www.newlandsltc.co.uk) and go to Tennis tab
2. Find the class you want to attend, filter the search by day
3. Create a Clubspark account (this only needs to be done once!)
4. Receive a confirmation email once your booking is complete for that week.
5. If the class of your choice is full please email Reception on reception@newlandsltc.co.uk to be added to a waiting list.

**IMPORTANT:**

All adult classes will be **outdoors**. Current Scottish Government, **sport**scotland and Tennis Scotland guidelines do not permit any adult group activity to take place indoors. Classes must be booked in advance in order for the club to meet Track & Trace regulations.

**Team training**

Newlands currently have 8 men’s and 5 ladies’ teams in the local West of Scotland Summer doubles leagues, as well as teams in the West winter league and cup competitions.

If you would like more information on up to date Team Training times or opportunities to represent Newlands in competitions, please contact Elizabeth Stevenson, our tennis convenor by email at serveandvolley@hotmail.co.uk

**Social Tennis/Box Leagues**

Box Leagues run quarterly throughout the year with players playing against those of a similar ability for the chance to move up and down. Sign up info comes from club each quarter.

A social doubles tournament will be held once a month with a member of the coaching team organising pairings and draws. Sign up via Clubspark.

There is also an NLTC Playing Partners WhatsApp group for members looking for new opponents. Please get in touch to be added to this.

**Individual lessons/private group sessions**

Individual lessons and private group sessions are available from all our coaches and members who are interested should contact coaches directly to enquire about availability. Please note prices do not include indoor court fees and that there is a **24hr cancellation policy.**

General enquiries should be directed to steeltennis@newlandsltc.co.uk

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| **Coach** | **Qualification** | **Mobile** | **1 hour** | **30 mins** |
| Caitlin Steel(Head Coach)  | Level 4Accredited+ | 07805 523 717 | £25 | £15 |
| Jennifer Steel(Head Coach) | Level 4Accredited+ | 07931 500 191 | £25 | £15 |
| Emma Gibson | Level 3Accredited+ | 07814 396 534 | £18 | £10 |
| Connor McVicar | Level 3Accredited+ | 07951 723 998 | £18 | £10 |

**Hitters**

Our team of hitters are available to assist in the development of your game. This is a great option to develop skills you are working on with individual coaches or perhaps you just fancy a sparring session looking to replicate match conditions. Please note hitters are only available to members over the age of 16.

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| **Coach** | **Qualification** | **Mobile** | **1 hour** |
| Scott MacAulay  | Level 2 | 07739048569 | £15 |
| Craig Thomson | Level 2 | 07951454662 | £12 |

