

Welcome to the mini and junior programme at Newlands LTC.

The programme is designed to offer classes for every age group and ability and aims to allow kids to progress in a fun, challenging and safe environment. The timetable for classes for the current block is detailed below. Dates follow the Glasgow City Council school holidays, and all dates are listed on the Clubspark booking. If you are unsure of which class to attend, please contact the Coaching Team who will be more than happy to help.

The tennis programme follows the recommended age groups from the LTA, which are detailed below.



All players enrolled in classes are encouraged to compete at the appropriate level both in club and further afield. If this is of interest, please speak to the Coach running your class who will be able to offer advice relevant to your child.

All classes are block bookings unless otherwise stated and are bookable through the Clubspark booking system.

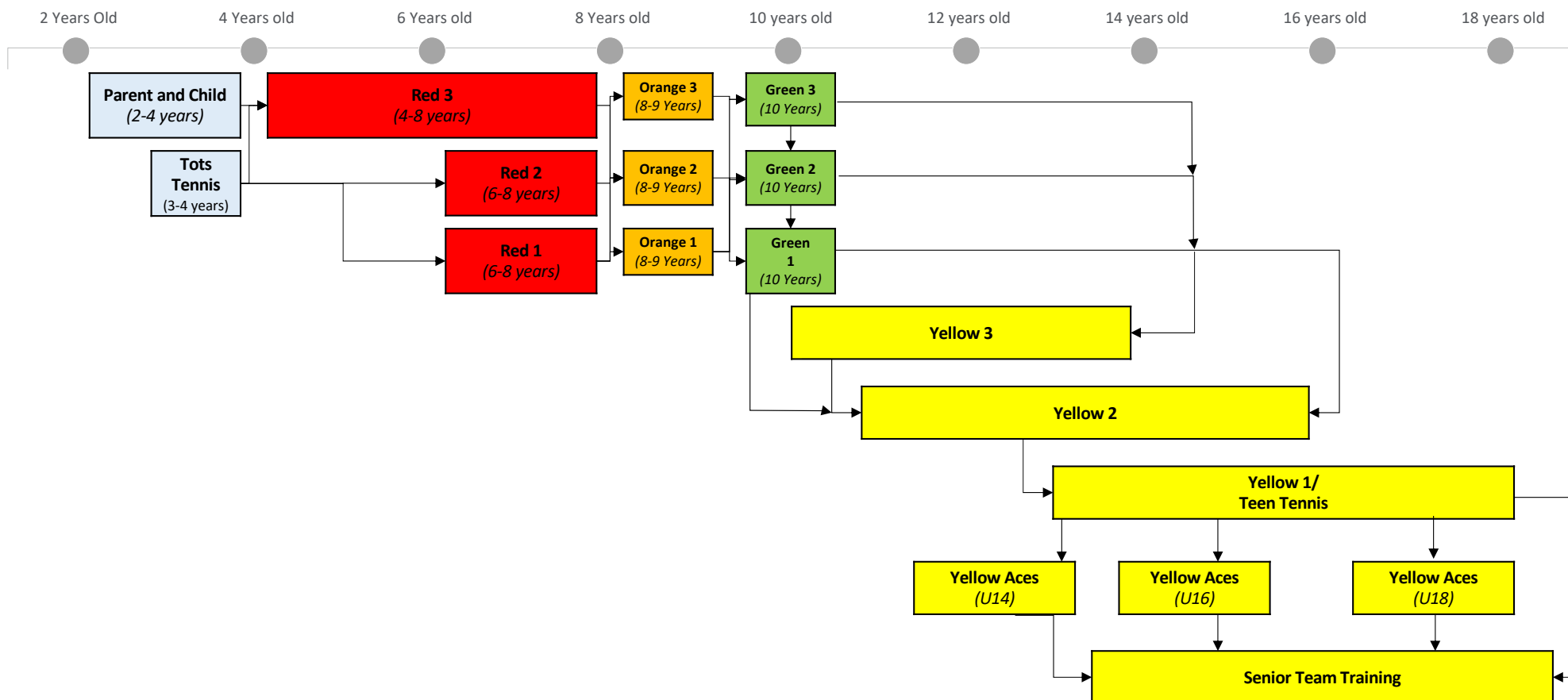
Step by step how to book:

1. Visit www.newlandsltc.co.uk and go to Tennis tab
2. Find the class you want to attend
3. Create a Clubspark account in the parent/guardian's name (you can then attach children)
4. Pay by debit or credit card (remember to select member to update prices).
5. Receive a confirmation email once your booking is complete.
6. If the class of your choice is full, please email us to be added to a waiting list.

For more information, please contact our coaching team on steeltennis@newlandsltc.co.uk

Newlands LTC – Player Development Pathway

Our tennis programme starts from age 2 and is designed to ensure kids can learn the skills required to play tennis in a fun, challenging and safe environment. The coaching team can be contacted on steeltennis@newlandsltc.co.uk



Class	Day	Time	Comment
<u>Pre school</u> Our pre-school programme is split between Tots sessions (age 3+) where the kids are on court on their own and Parent & Child sessions (age 2+) where parents are on court with the kids. Both sessions work through agility, balance and coordination games and activities, introducing both sending and receiving skills with and without the racket to prepare for Mini Red.			
Pre-school (3-4 years)	Tuesday	10:00 - 10.30	
	Wednesday	2:00 – 2:30	
	Thursday	10:00 - 10.30	
	Friday	2:00– 2:30	
	Sunday Parent & Child	9:00 – 9:30	
<u>Mini Red</u> Mini Red is for players at school up to age 8. Players will learn how to serve, rally and score with slower balls and shorter rackets, as well as learning the movement and coordination skills required for tennis. At Newlands, players will start in Red 3 and move to Red 2 and then Red 1 at the direction of our coaching team.			
Red 3	Tuesday	3:15 – 4:00	
	Tuesday	4:00 – 5:00	
	Tuesday	4:00 – 5:00	Introduction to Matchplay *Additional session
	Tuesday	5:00 – 6:00	
	Friday	5:00 – 6:00	
	Sunday	9:30– 10:30	
	Sunday	11:30 – 12:30	
	Sunday	12:30 – 1:30	
Red 2 (By invitation only)	Wednesday	4:00 – 5:00	

	Wednesday	5:00 – 6:00	Introduction to Matchplay *Additional session
	Sunday	11:30 – 12:30	
Red 1 (By invitation only)	Monday	4:00 – 6:00	
	Thursday	4:00 – 5:30	
Mini Orange Mini Orange is for players aged 8 or 9 and is a great progression from Mini Red. Players develop a more rounded game by being introduced to a range of techniques and tactics. Courts are bigger than Mini Red but still smaller than a full court. At Newlands, players will start in Orange 3 and move to Orange 2 and then Orange 1 at the direction of our coaching team.			
Orange 3	Friday	4:00 – 5:00	
	Sunday	12:30 – 1:30	
Orange 2 (By invitation only)	Wednesday	4:00 – 5:00	
	Wednesday	5:00 – 6:00	Introduction to Matchplay *Additional session
	Sunday	12:30 – 1:30	
Orange 1 (By invitation only)	Monday	4:00 – 6:00	
	Thursday	4:00 – 5:30	
Mini Green Mini Green is the next progression after Orange, aimed at players aged 9 or 10. Players can put their techniques and skills to the test on a full court with a slightly slower ball than yellow tennis. At Newlands, players will start in Green 3 and move to Green 2 and then Green 1 at the direction of our coaching team.			
Green 3	Wednesday	6:00 – 7:00	
	Sunday	10:30 – 11:30	
Green 2 (By invitation only)	Wednesday	6:00 – 7:00	
	Sunday	10:30 – 11:30	
Green 1 (By invitation only)	Monday	5:00 – 7:00	

	Wednesday	5:00 – 6:30	
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Yellow Ball – Junior

Yellow tennis is played on a full-size court with the same size balls as the pros use.
Players will be directed to appropriate squads by the coaching team.

Class	Age Group	Day	Time	Comment
Yellow 3	U14 Mixed	Wednesday	6:00 – 7:00	Outdoors
	U14 Mixed	Sunday	11:30 – 12:30	
Yellow 2 (By invitation)	11-13 Mixed	Sunday	10:30 – 11:30	
	11-13 Boys	Thursday	4:30 – 5:30	Outdoors
	11-13 Girls	Tuesday	5:00 – 6:00	
	U16 Mixed	Wednesday	7:00 – 8:30	Outdoors
Yellow 1 (By invitation)	U14 Mixed	Monday	6:00 – 7:30	
		Friday	5:00 – 6:30	Outdoors
	Teen Tennis 13+	Thursday	5:30 – 7:00	Outdoors
Yellow Aces (By invitation – County players)	U14	Wednesday	5:00 – 6:30	
	U14	Wednesday	6:30 – 8:00	
	U16	Friday	5:00 – 6:30	
	U18	Monday	7:30 – 9:00	

