

Newlands LTC – 2022 Adult Tennis Programme – starting 8th January

	Day	Time	Class
New/ Returning to Tennis players	Monday	10-11am	Ladies Morning
	Tuesday	730-9pm	Club Night
	Wednesday	8-9pm	Cardio Tennis
	Thursday	7-8pm	Rusty Rackets/New to Tennis
Social/ Intermediate players	Monday	10-11am	Ladies Morning
	Tuesday	730-9pm	Club Night
	Wednesday	8-9pm	Cardio Tennis
	Saturday	1-2pm	Adult Club
Team players	Tuesday	730-9pm	Club Night
	Wednesday	8-9pm	Cardio Tennis
	Saturday	1-2pm	Adult Club
	Various	Various	Team Training

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 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.

Please ensure classes are 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 opportunities to represent Newlands in competitions, please contact Elizabeth Stevenson, our tennis convenor by email at serveandvolley@hotmail.co.uk

Ladies		Men	
1 st , 2 nd and 3 rd teams	Thursday 8-9.30pm	1 st , 2 nd and 3 rd teams	Friday 6.30-8pm
4 th and 5 th teams	Monday 7-8.30pm	4 th , 5 th and 6 th teams	Sunday 1-2.30pm
		7 th and 8 th teams	Sunday 2.30-4pm

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 the club each quarter.

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

Coach	Qualification	Mobile	1 hour	30 mins
Caitlin Steel (Head Coach)	Level 4 Accredited+	07805 523 717	£28	£17
Jennifer Steel (Head Coach)	Level 4 Accredited+	07931 500 191	£28	£17
Mark Malcom	Level 4 Accredited +	07779 332 150	£28	£17
Emma Gibson	Level 3 Accredited+	07814 396 534	£20	£12
Connor McVicar	Level 3 Accredited+	07951 723 998	£20	£12

Hitters

Our older junior players who currently hold a Level 2 qualification are available as hitters to both junior* and senior members. To enquire about availability please contact Steel Tennis by email.

*For juniors, these sessions should be in addition to their current training programme and will link in with player's individual coach.

Hitter	Qualification	1 hour
Craig Kyle	Level 2	£10
Rachel Pang	Level 2	£10
Russell Dickson	Level 2	£10

