

INDOOR ADULT TENNIS PARTICIPATION PROGRAMME

January-March 2024

Venue	Day	Time	Class
Scotstoun	Monday	10.00am – 12.00pm	Adult Social Tennis
Scotstoun	Monday	6.00 – 7.00pm	Adult Coaching Bronze (Beginner)
Scotstoun	Monday	7.00 - 9.00pm	Adult Coaching Silver (Intermediate)
Scotstoun	Tuesday	9.00am – 12.00pm	Adult Lifestyle Tennis
Scotstoun	Tuesday	6.00-8.00pm	Tennis X-Press
Scotstoun	Wednesday	9.00am - 12.00pm	Adult Social Tennis
Scotstoun	Wednesday	6.00 – 7.00pm	Cardio Tennis
Scotstoun	Wednesday	7.00pm – 9.00pm	Adult Social Tennis
Scotstoun	Thursday	10.00 – 12.00pm	Ladies Matchplay
Scotstoun	Thursday	2.00 - 4.00pm	Gents Matchplay
Scotstoun	Thursday	5.00-7.00pm	Adult Social Tennis
Scotstoun	Friday	09.00am - 12.00pm	Adult Lifestyle Tennis

Venue	Day	Time	Class
Gorbals	Monday	7.00 – 9.00pm	Adult Coaching Silver (Intermediate)
Gorbals	Tuesday	6.00 – 7.00pm	Tennis Tuesdays (Ladies Only)
Gorbals	Tuesday	7.00 – 9.00pm	Adult Social Tennis
Gorbals	Wednesday	9.00am -12.00pm	Adult Lifestyle Tennis
Gorbals	Wednesday	6.00 – 7.00pm	Cardio Tennis
Gorbals	Wednesday	7.00 -9.00pm	Adult Social Tennis
Gorbals	Thursday	6.00 -7.00pm	Adult Coaching Bronze (Beginner)
Gorbals	Thursday	7.00 – 9.00pm	Adult Coaching Gold (Advanced)
Gorbals	Friday	09.00am – 12.00pm	Adult Lifestyle Tennis

Scotstoun

Next Block – w/b 8th January - w/b 25th March (12 weeks)

Gorbals

Next Block – w/b 8th January - w/b 25th March (2 x 6 weeks)

To book your adult coaching sessions please initially set up a PAYG booking account (if not already done so) via <https://myglasgow.club/paygqr>. Book online via <https://members.glasgowclub.org/Connect/mrmlogin.aspx> or email glasgow.club@glasgowlife.org.uk

Please note if you are unable to access your PAYG account please reset your password at <https://myglasgow.club/reset>

SESSION	COST ADULT / CONCESSION (multiplied by amount of weeks in the block)
SOCIAL TENNIS	£8 / £6 (PAYG)
LIFESTYLE TENNIS	INCLUDED IN ACTIVCLUB MEMBERSHIP £5.00/ £4.00 (PAYG)
BRONZE/SILVER/GOLD COACHING (1 hr)	£10.00 / £8.00 (BLOCK BOOKING)
BRONZE/SILVER/GOLD COACHING (2 hr)	£12.00 / £10.00 (BLOCK BOOKING)
TENNIS XPRESS (2 hr)	£12.00 / £10.00 (BLOCK BOOKING)
CARDIO TENNIS	£6.00 / £4.00 (PAYG)
TENNIS TUESDAYS	£6.00 / N/A (PAYG)
LADIES / GENTS MATCHPLAY	£8 / £6 (PAYG)