



# ANYONE FOR TENNIS

Adult Tennis Programmes for all levels.

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For further information:  
[www.glasgowlife.org.uk](http://www.glasgowlife.org.uk)  
0141 287 5576

Welcome to GlasgowSport's adult tennis programme. With outdoor and indoor courts, and some of the best coaches in the business you'll have a great time learning or developing your game while you keep fit.

We have pay and play sessions at both Gorbals and Scotstoun, you just need to find your level – ask one of our coaches if you are not sure. Find out when the next session is and come along.

## ADULT PAY AND PLAY

### GLASGOW CLUB SCOTSTOUN

#### Ladies Tennis

Mondays 10am – 12noon

#### Mixed Matchplay

Mondays 1pm – 3pm

#### Active Living

Tuesdays 9am – 12noon

#### Active Living

Wed 9am – 12noon

#### Ladies tennis

Thursdays 10am – 12noon

#### Men's Matchplay

Thursdays 2pm – 4pm

#### Ladies Matchplay

Fridays 10am – 12noon

### GLASGOW CLUB GORBALS

#### Ladies Tennis

Mondays 10am – 12noon

#### Social Tennis

Tuesdays 7pm – 9pm

#### Active Living

Wed 9.30am – 12.30pm

#### Mixed Matchplay

Friday 10am – 12noon



## ADULT COACHING CLINICS

Whether you're a complete beginner, out to try tennis for the first time, or looking to improve and finally get one over on your friends, our coaching clinics are ideal. You can book onto a block of lessons and pay in advance at the centre. (guide price for 8 week block - £56.40)

### GLASGOW CLUB SCOTSTOUN

Beginner Group Beginner Group

Monday 6pm – 7pm

Improver Group Improver Group

Monday 7pm – 8pm

Intermediate Group Intermediate Group

Monday 8pm – 9pm

### GLASGOW CLUB GORBALS

Beginner Group Beginner Group

Thursday 6pm – 7pm

Improver Group Improver Group

Thursday 7pm – 8pm

Intermediate Group Intermediate Group

Thursday 8pm – 9pm

#### Term dates

Term 1 16th August 2010 – 10th October 2010 (8 weeks)

Term 2 18th October 2010 – 19th December 2010 (8 weeks) - Priority Booking 27/09/10 – 10/10/10

Term 3 10th January 2011 – 3rd April 2011 (12 weeks) - Priority Booking 22/11/10 – 03/12/10

Term 4 18th April 2011 – 19th June 2011 (10 weeks) - Priority Booking 07/03/11 – 20/03/11

Limited spaces available. Classes may be cancelled due to special events and tournaments.



## ADULT TENNIS

### **Active Living**

This is an open session for adults of all abilities who are looking to keep themselves fit and healthy with some tennis coaching, matchplay and some friendly tennis banter!

### **Adult Coaching Clinics**

Adult coaching is available for all standards and abilities. All led by licensed tennis coaches, this is a great chance to improve your skills or try the game for the first time

### **Adult Social Tennis**

This is mixed tennis session for adults of all abilities. Led by one of our qualified tennis coaches, players are organised into teams for fun, and some serious matchplay!

### **Ladies Matchplay**

This tennis session concentrates on matchplay for ladies who have some playing experience. As always your coach is on hand to give some tips if you need them.

### **Ladies Tennis**

Coaching and match play for ladies of all abilities.

### **Men's Matchplay**

For male tennis players with some playing experience. Our coach will be leading the session and on hand to offer tips and advice on playing the game.

### **Mixed Matchplay**

This tennis session concentrates on matchplay for adults with some playing experience. As always your coach is on hand to give some tips if you need them.

...plus regular tournaments organised by our team of coaches.

Please pick up a timetable from reception

**FREE PLAY - ALL TENNIS COURTS IN GLASGOW PARKS ARE FREE OF CHARGE**

Queens Park Tennis Courts • Kelvingrove Park Tennis Courts  
Drumchapel Park Tennis Courts • Maryhill Park Tennis Courts  
Victoria Park Tennis Courts

For more information on Adult Tennis programmes contact  
Tennis Development on:  
Telephone: 0141 287 5576  
Fax: 0141 287 3558  
E-mail: [tennis@glasgowlife.org.uk](mailto:tennis@glasgowlife.org.uk)