

ADULT TENNIS PARTICIPATION PROGRAMME OCTOBER – DECEMBER 2021

Venue	Day	Time	Class
Scotstoun	Monday	10.00am – 12.00pm	Adult Social Tennis
Scotstoun	Monday	1.00 -3.00pm	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 Social Tennis
Scotstoun	Wednesday	9.00am - 12.00pm	Adult Social Tennis
Scotstoun	Thursday	10.00 – 12.00pm	Ladies Matchplay
Scotstoun	Thursday	2.00 - 4.00pm	Gents Matchplay
Scotstoun	Thursday	6.00 – 8.00pm	Tennis Xpress (Beginner)
Scotstoun	Friday	10.00am - 12.00pm	Adult Social Tennis
Scotstoun	Friday	6.00 - 7.00pm	Cardio Tennis
Scotstoun	Friday	7.00 - 9.00pm	Super Drills

Venue	Day	Time	Class
Gorbals	Monday	7.00 – 9.00pm	Adult Coaching Silver (Intermediate)
Gorbals	Tuesday	6.00 – 7.00pm	Tennis Tuesdays
Gorbals	Tuesday	7.00 – 9.00pm	Adult Social Tennis
Gorbals	Wednesday	9.00am -12.00pm	Lifestyle Social 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	Lifestyle Social Tennis

Scotstoun

Next Block - **Monday 18th October to Friday 17th December 2021 (9 weeks)**

Gorbals

Next Block - **Monday 18th October to Thursday 23rd December 2021 (10 weeks)**

For all adult coaching sessions please book your space in advance at the main reception or by calling the venues. Alternatively you can email our customer service team - glasgow.club@glasgowlife.org.uk

SESSION	COST ADULT / CONCESSION (multiplied by amount of weeks in the block)
SOCIAL TENNIS	£6.50 / £4.50 (PAYG)
LIFESTYLE TENNIS	INCLUDED IN ACTIV CLUB MEMBERSHIP £3.50 / £3.00 (PAYG)
BRONZE COACHING (1 hr)	£9.00 / £7.00 (BLOCK BOOKING)
SILVER COACHING (2 hr)	£10.00 / £8.00 (BLOCK BOOKING)
GOLD COACHING (2 hr)	£10.00 / £8.00 (BLOCK BOOKING)
CARDIO TENNIS	£5.00 / £3.00 (PAYG)
TENNIS TUESDAYS	£5.00 / N/A (PAYG)
LADIES / MENS MATCHPLAY	£6.60 / £4.50 (PAYG)