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INDOOR ADULT TENNIS PARTICIPATION PROGRAMME

**April-June 2024**

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| **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 |

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| **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 1st April – w/b 24th June (13 weeks)**

**Gorbals**

Next Block – **w/b 1st April – w/b 24th June (13 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](mailto: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>

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| **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) |