

# ADULTS - COME & PLAY

or click on 'membership entitlements'  
www.gideaparkltd.co.uk

**MEMBERSHIP (yearly)**  
• SENIOR (over 65) £180  
• FULL £300

For further details contact -  
Carolyn 07908 887300

DAY	ACTIVITY	MEMBER	NON MEMBER
MONDAY	CARDIO TENNIS (all standards)	10 - 11am	£8
	MENS NIGHT (improver/advanced)	7 - 8pm	£48
	LADIES NIGHT (improver/advanced)	8 - 9pm	£48
TUESDAY	TUESDAY LEAGUE (improver/advanced)	7 - 9pm	N/A
WEDNESDAY	TENNIS XPRESS	8 - 9pm	£48
THURSDAY	MENS/LADIES PRACTICE	6.30 - 9pm	N/A
FRIDAY	CARDIO TENNIS (all standards)	10 - 11am	£8
	CLUB MORNING (improver/advanced)	11 - 12 noon	£8
SATURDAY	SOCIAL TENNIS (all standards)	7 - 9pm	N/A
SUNDAY	CARDIO TENNIS (all standards)	9-10am	£8
	SOCIAL TENNIS (all standards)	10 - 1pm	N/A

**TENNIS XPRESS - WEDNESDAY 8-9pm**  
Want to try tennis for the first time, or just dust off your racket and get back into it .... come and try it!  
A coaching course that you can join anytime. (Equipment supplied)

**CARDIO TENNIS - MON & FRI 10am • SAT 9am**  
All ages and abilities welcome, a fun social group fitness class. The lesson has music combined with a variety of high tempo exercises hitting a soft ball offering a full body work out. (Equipment supplied)

**CLUB SOCIAL TENNIS - FRI 7pm • SUN 10am**  
We are a friendly, fun tennis club, where nothing is taken too seriously. The club coach helps organise friendly doubles on the Friday and club members organise their games on Sunday.



www.tennis-xpress.co.uk



**TUESDAY LEAGUE - TUESDAY 7pm**  
Social doubles which offers a more competitive structure. The club coach will organise the pairs and matches.

**MENS & LADIES NIGHT - MON 7-8pm & 8-9pm**  
Run as 6 week courses for improver/advanced players who want to practice doubles drills and tactics each week. On the 6th week we play a doubles tournament.

**TEAM TENNIS - THURS 6.30 - 9pm**  
Team captains will organise and invite team members for doubles practice. Invite only.



**FOR FURTHER INFORMATION**  
see our website - gideaparkltd.co.uk  
or contact Tom - headcoach.gpltd@gmail.com  
mob - 07885968237





# JUNIORS - COME & PLAY

KEY - RED BALL 4 - 8 YEARS, ORANGE & GREEN BALL 8 - 10 YEARS, YELLOW BALL 11 - 16 YEARS  
(1) ADVANCED (INVITE ONLY) (2) IMPROVER (3) BEGINNER

## JUNIOR EVENTS THROUGHOUT THE YEAR

- CLUB TOURN (ALL AGES)
- ROAD TO WIMBLEDON (U14)
- OPEN DAY (ALL AGES)
- XMAS PARTY (ALL AGES)
- PIZZA SOCIAL NIGHTS MONTHLY (U14)
- PIZZA SOCIAL NIGHTS MONTHLY (U14)
- PERFORMANCE & CHAMPIONSHIP (U10 TOURN)
- HOLIDAY TENNIS CAMPS (5-12yrs)
- HOLIDAY TENNIS CAMPS (12-16yrs)
- HOLIDAY TENNIS CAMPS (9-13yrs)
- HOLIDAY TENNIS CAMPS (12-16yrs)

		MEMBER	NON MEMBER
MONDAY	TINY TOTS 3-4 yrs	1-1.30pm	£4 per half hr, 6 wk block.
	RED BALL (2/3) 4-6yrs	4 - 5pm	£5 per hr, 10 week block
	RED BALL (1) 6-8yrs (invite)	4 - 5pm	£5 per hr, 10 week block
	ORANGE & GREEN BALL (1) (invite)	5 - 6pm	£5 per hr, 10 week block
WEDNESDAY	RED BALL (2/3) (4-8yrs)	4 - 5pm	£5 per hr, 10 week block
	ORANGE & GREEN BALL (2/3) 9-10yrs	5 - 6pm	£5 per hr, 10 week block
	YELLOW BALL (2/3) 11-16yrs	6 - 7pm	£5 per hr, 10 week block
	YELLOW BALL (1) 11-16yrs (invite)	7 - 8pm	£5 per hr, 10 week block
FRIDAY	RED BALL (2/3) 4-8yrs	4 - 5pm	£5 per hr, 10 week block
	RED BALL (1) 6-8yrs (invite)	4 - 5pm	£5 per hr, 10 week block
	GREEN BALL (1) & YELLOW (1) (invite)	5 - 6.15pm	£6 per 75mins, 10 week block
SATURDAY	RED BALL (1/2/3) 4-8yrs	9-10am	£5 per hr, 10 week block
	YELLOW BALL (2/3) 9-10yrs	10-11am	£5 per hr, 10 week block
	YELLOW BALL U14(1)	11 - 12 noon	£5 per hr, 10 week block
	YELLOW BALL U18 (1)	11 - 12 noon	£5 per hr, 10 week block
	ORANGE & GREEN BALL (2/3) 9-10yrs	12 - 1pm	£5 per hr, 10 week block
	ORANGE & GREEN BALL (1) 9-10yrs (invite)	1 - 2.15pm	£6 per 75mins, 10 week block
	GREEN BALL (1) & YELLOW (1) (invite)	2.15 - 3.30pm	£6 per 75mins, 10 week block

TRY OUT YOUR FIRST TWO SESSIONS FOR £6 EACH

### TINY TOTS - MONDAY 1-1.30pm • 3-4yrs

A fun and enjoyable way to learn the basics of tennis - movement, co-ordination and racket skills with parent participation. Why not give it a try?

### MINI TENNIS - 4-8yrs & 6-8yrs • Red ball

Played on smaller courts with special red balls. These balls travel slower, which allows the child to hit the ball easier and grow in confidence. Fun exercises and co-ordination games to help development.

### JUNIOR TENNIS - 9-10yrs • Orange & Green ball

Both balls are faster than the red ball, but softer than the yellow ball which helps development on a full sized court. It's great fun and players can improve quickly.

### TEENAGE TENNIS 11-16yrs • YELLOW BALL

Whether you are starting the sport late or continuing to develop your skills, using yellow ball on a full size court is fun, sociable and encouraging as you improve your game.

### FOR FURTHER INFORMATION

visit our website - [gideaparkltd.co.uk](http://gideaparkltd.co.uk)  
or contact Carolyn - [gpltc.juniors@gmail.com](mailto:gpltc.juniors@gmail.com)  
mob - 07908 887300



### INVITE GROUPS U8 - U18

Invitation groups are designed to be performance focused, allowing each player to develop their game to a more advanced level.

### ONE TO ONE TENNIS LESSONS

Contact head pro Tom  
07885 968237  
See website for coach details