LTA NATIONAL CLUB **AS OF DEC 2023** OF THE YEAR RUNNERS-UP NINNERS RUNNERS UP Park Lic runners up in the UNIN ENNING COME & PLAY NON MEMBER ç9 £54 £80 E42 per 6 week course £7 per session £65 per 6 week course £54 NIA EA2 per 6 week course £54 EA2 per 6 week course £54 EA2 per 6 week course £54 CARDIO TENNIS (all standards) INTER TENNIS XPRESS (improver/intermediate) INTER TENNIS XPRESS (improver/intermediate) EA2 per 6 week course NIER LENNIS XPRESS (Improver(intermediate) CARDIO + XPRESS PACKAGE (beginner/improver) NA CARDIO TENNIS (all standards) NIA ANDIO TAPALOS TACAROL TOESIMES TENNIS XPRESS (beginner/improver) EVIND AFTED WEGITTEMITPOVEN TUESDAY LEAGUE (improver/advanced) £9 FOC NIA NIXED NIGHT (intermediate) advanced 8-9pm NIA 12-2pm MALD morn memediate/advanced) NENS NIGHT (intermediate/advanced) MONDAY 6-9pm £9 7.30-9pm NIA £1 BEGINNERS NIGHT (beginner) 10-11am £54 £1 11-12noon SOCIAL TENNIS (all standards) 12noon - 1pm £42 per 6 week course £A MENS TEAM PRACTISE (INVITE) TUESDAY WEDNESDAY 7-9pm LADIES TEAM PRACTISE (invite) CARDIO TENNIS Talistanuarus) DOUBLES TACTICS (intermediate/advanced) 9-10am 10 - 12noon CARDIO TENNIS (all standards) **TENNIS XPRESS - MON 8-9pm - SUN 12-1pm** Want to try tennis for the first time, or just dust off your racket and get back into it... Want to try tennis for the first time, or just dust off your racket and get back into it... DOUBLES TACTICS (memeuraterativa) FRIDAY NIGHT SOCIAL (all standards) Want to try tennis for the first time, or just dust off your racket and get back into it .... want to try tennis for the first time, or just dust off your racket and get back into it .... time and try it. A coaching course that you can join anytime. (Equipment supplied) where and try it. A coaching **7-8pm** has been added for improver intermediate player inter xpress - MON 7-8pm THURSDAY come and try it! A coaching course that you can join anytime. Equipment supplied) NTER XPRESS - MON 7-8pm has been added for improver/intermediate players. YEARLY MEMBERSHIP or click on 'membership entitlements' CARDIO TENNIS (all standards) TENNIS XPRESS - MON 8-9pm • SUN 12-1pm Want to truttennic for the first time or just dust off your SOCIAL TENNIS (all standards) Source reverse tanscanderest TENNIS XPRESS (beginner/improver) . SENIOR lover 65) £290 For further details contact All ages and abilities welcome. a fun social group firness class. The less CARDIO TENNIS - MON 7-8pm • FRI 10-11am • SAT 9-10am All ages and abilities welcome, a fun social group fitness class. The lesson hall august combined with a variety of high tempo exercises hitting a soft ball music combined with a variety of high tempo exercises hitting a soft ball. FRIDAY All ages and abilities welcome, a fun social group fitness class. The lesson have a soft ball, music combined with a variety of high tempo exercises hitting a soft ball, offering a full body work out. (Equipment supplied) Carolyn 07908 887300. MMM.gideapartAtc.co.uk offering a rull body work out. (Equipment Supplied) FRI 7-9pm SUN 10am-12pm • FRI 7-9pm SUN 10am SATURDAY FULL £330 SUNDAY CLUB SOCIAL TENNIS - THURS 12-2pm • FRI 7-9pm SUN 102 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 The club coach helps music combined with a variety of high tempo exercis offering a full body work out. (Equipment supplied) 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 The club coach helps organise their dames on Thursday and Sunday. members will organise their dames on thursday and sunday. The club coach helps organise friendly doubles on the Friday a members will organise their games on Thursday and Sunday. TUESDAY LEAGUE - TUESDAY 7-9pm TUESDAY LEAGUE - TUESDAY 7-9pm TUESDAY LEAGUE - TUESDAY 7-9pm of the subject of the subject of the structure for any subject of the subject o Social doubles which offers a more competitive structure for strong improver/advanced players. The club coach will organise a partner, so if you can, please organise a partner, so if you can, please organise a partner. MIXED NIGHT & MENS NIGHT - WED 7-8pm Run as 6 week courses for improver/advanced playeek. On the 6th week nractice doubles drills and factics each week. as 6 week courses for improver/advanced players who want to practice doubles drills and tactics each week. On the 6th week practice doubles drills and tactics each we play a doubles to una ment we play a doubles tournament. TEAM TENNIS PRACTISE - THURS 6-9pm FORFURTHERINFORMATION see our website - gigeaparkitc.co.uk or contact Tom - headcoach.gpltc@gmail.com see our website - gideaparkitc.co.uk Team captains will organise and invite team eam captains will organise and invite team members for doubles practice. (Invite only). f facebook.