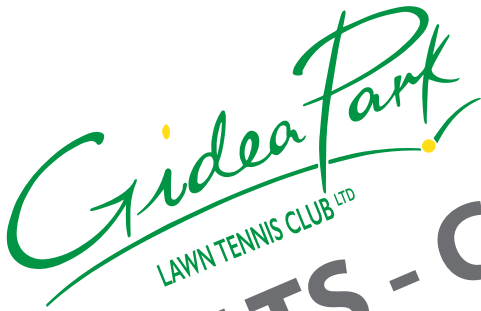




**LTA NATIONAL CLUB OF THE YEAR RUNNERS-UP**  
 Gidea Park LTC came runners up in the 2020 National Awards



# ADULTS - COME & PLAY

DAY	ACTIVITY	MEMBER	NON MEMBER
MONDAY	CARDIO TENNIS (all standards)	7 - 8pm	£9
	NEW INTER TENNIS XPRESS (improver/intermediate)	7 - 8pm	£54
	CARDIO + XPRESS PACKAGE (beginner/improver)	7 - 9pm	£80
TUESDAY	TENNIS XPRESS (beginner/improver)	8 - 9pm	£54
	TUESDAY LEAGUE (improver/advanced)	7 - 9pm	N/A
WEDNESDAY	MIXED NIGHT (intermediate/advanced)	7 - 8pm	£54
	BEGINNERS NIGHT (beginner)	8 - 9pm	£54
THURSDAY	SOCIAL TENNIS (all standards)	12 - 2pm	N/A
	MENS TEAM PRACTISE (invite)	6 - 9pm	N/A
	LADIES TEAM PRACTISE (invite)	7.30 - 9pm	N/A
FRIDAY	CARDIO TENNIS (all standards)	10 - 11am	£7
	DOUBLES TACTICS (intermediate/advanced)	11 - 12noon	£7
SATURDAY	FRIDAY NIGHT SOCIAL (all standards)	7 - 9pm	£4
	CARDIO TENNIS (all standards)	9 - 10am	£7
SUNDAY	SOCIAL TENNIS (all standards)	10 - 12noon	FOC
	TENNIS XPRESS (beginner/improver)	12noon - 1pm	£42 per 6 week course

or click on 'membership entitlements' [www.gideaparkltc.co.uk](http://www.gideaparkltc.co.uk)

• SENIOR (over 65) £290  
 For further details contact - Carolyn 07208 887300  
 • FULL £330



**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 ..... come and try it! A coaching course that you can join anytime. (Equipment supplied)

**INTER XPRESS - MON 7-8pm • FRI 10-11am • SAT 9-10am**  
 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 - THURS 12-2pm • FRI 7-9pm SUN 10am-12pm**  
 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 will organise their games on Thursday and Sunday.



**TUESDAY LEAGUE - TUESDAY 7-9pm**  
 Social doubles which offers a more competitive structure for strong improver/advanced players. The club coach will organise the matches so if you can, please organise a partner.

**MIXED NIGHT & MENS NIGHT - WED 7-8pm**  
 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 PRACTISE - THURS 6-9pm**  
 Team captains will organise and invite team members for doubles practice. (Invite only).

**FOR FURTHER INFORMATION**  
 see our website - [gideaparkltc.co.uk](http://gideaparkltc.co.uk)  
 or contact Tom - headcoach.gpltc@gmail.com  
 mob - 07885968237

