



the friendly face of tennis

Adult Coach-Led Tennis at LGLTC

The coaching team at LGLTC offer a wide variety of sessions through the year, these include:

- **Beginner Groups.** Beginner groups typically run for 8 weeks, midweek in the evening. These are open to members and non members. Their start date is advertised in members' emails and on Social Media. There is often a new group starting after each of the bi-annual Open Days.
- **Members' Group Lessons.** Open to members, group lessons for a variety of standards are available on a number of evenings throughout the year. Participants commit to attending the sessions regularly. Please contact Graham if you are interested in one of these groups.
- **Ladies' and Men's Drills.** These are on Tuesday (Ladies') and Thursday (Men's) evenings from October through to March. Members who are team players are invited to attend by the Ladies' and Men's Captains. Coaching targets doubles play. Participants commit to each session individually.
- **Mid-week Morning Drop-In.** On Monday and Friday mornings at 9:30. 90mins of group coaching and doubles play for members and non members,. Last Friday of the month is tournament day. No need to book, just turn up.
- **Thursday Cadio.** Thursday morning at 9:30. An hour of Cardio workout. Open to members and non-members, no need to book, just trun up.
- **Individual Lessons.** Each of the coaching team are available to book for individual lessons. Please contact the coach directly for these.