

ADULT RACKETS SESSIONS

Day:	Time:	Course Name:	Type:	Cost:
Monday	7 - 8:30pm	Adult Intermediate	Term Time Course	£8.50/hour
Monday	7:30 – 10pm	Racketball Social – all levels welcome	Pay and Play Weekly	Free
Monday	8 - 10pm	Men's Competitive – aimed at players who play in the higher division leagues	Pay and Play Weekly	£8

Day:	Time:	Course Name:	Type:	Cost:
Tuesday	10:30 - 11:30am	Adult Improvers	Term Time Course	£8.50/hour
Tuesday	6 - 7pm	Cardio Tennis	Book on at reception	Free
Tuesday	7 - 8pm	Tennis Tuesdays (Ladies only) – improver level	Pay and Play Weekly	£8.50
Tuesday	7:30 – 10pm	Squash Social – all levels welcome	Pay and Play Weekly	Free

Day:	Time:	Course Name:	Type:	Cost:
Wednesday	9:15 – 11:30am	Racketball Social – all levels welcome	Pay and Play Weekly	Free
Wednesday	6:30 - 8pm	Adult Advanced (Men only)	Term Time Course	£8.50/hour
Wednesday	7:30 - 8:30pm	Adult Squash Training – all levels welcome	Contact Robbie Burnett	Free
Wednesday	8 - 9pm	Tennis Clinic – coach led and a different technique covered each week	Pay and Play Weekly	£8.50
Wednesday	8 - 10pm	Social Night	Pay and Play Weekly	£5
Wednesday	8 - 10pm	Ladies Competitive – aimed at players who play in the higher division leagues	Pay and Play Weekly	£8

Day:	Time:	Course Name:	Type:	Cost:
Thursday	1:30 - 2:30pm	Cardio Tennis	Book on at reception	Free

Day:	Time:	Course Name:	Type:	Cost:
Friday	12 - 1pm	Adult Advanced	Term Time Course	£8.50/hour
Friday	1 - 2pm	Adult Intermediate	Term Time Course	£8.50/hour

Day:	Time:	Course Name:	Type:	Cost:
Saturday	9:30 – 10:30am	Outreach Intermediate – open to members and non-members	Turn up and play	£3.50
Saturday	10:30 – 11:30am	Outreach Intermediate – open to members and non-members	Turn up and play	£3.50
Saturday	11:30 – 12:30	Outreach Beginner – open to members and non-members	Turn up and play	£3.50
Saturday	12:30 - 2pm	Adult Intermediate – coach led	Pay and Play Weekly	£12.75
Saturday	2 - 4pm	Ladies Match Practice – coach led for first hour	Pay and Play Weekly	£5

Also available:

Early Bird Tennis Rota –

This is a new rota that will be running weekday mornings from 7 – 8am. Please contact Moira Conlon on moira@conlonconsultancy.co.uk for more information.

Vets Social Tennis -

This is run on Tuesdays 1:30 - 4pm for £4.50 and also on Fridays 2 - 4pm for £4. These are run as pay and play weekly.

Ladies Social Tennis Rota –

This rota runs from 8:30-11:30am every weekday. These cater for all abilities. Please see Christine Fletcher for more information.

Tennis Matchplay –

Ladies and Men's matchplays take place during the week and are a more competitive session followed by a meal in the Café Bar. These are open to non-members. Please see Carol Cherry for more information.

Rackets Box League –

Ladies and Men's singles box leagues run throughout the year and a reduced court rate is given. Please contact Esmail Habib Zadeh at tennisleagues@iltsc.co.uk for tennis leagues and Robbie Burnett for Squash and Racketball leagues.

Course Type:

Adult Pay and Play Weekly Courses -

Sessions can be booked and paid for on an individual basis a week at a time. This can be done direct with the clubs reception. Payment must be made prior to the start of your session.

Adult Term Time Courses -

The full payment for each course must be made before the first session. This can be done direct with the clubs reception or online through your Club Solutions account.

Outreach Sessions –

These sessions are open to everyone and are run as part of our Outreach programme. During the Summer they are held at the Lido but during the Winter they are held on our all weather courts here at ILTSC. They are coach led, friendly sessions.

Contacts:

If you are unsure about any tennis sessions then please contact **Simon Ickringill**.

For all Squash and Racketball information, please contact **Robbie Burnett** on **07786 948 153**.

For all other enquiries please contact **Nicola Bayne** at nicola@iltsc.co.uk