Ealing Lawn Tennis Club

FOUNDED 1882

MEMBERS MAP – PLAYING OPPORTUNITIES AT ELTC

<table>
<tr><th>PLAYING LEVEL</th><th colspan="6">OPPORTUNITIES WITHIN THE CLUB</th></tr>
<tr><td>BEGINNER
(New to the game)</td><td>Beginner drop-in session
FREE OF CHARGE
Wednesday 18:00-19:00 on C3 with Gham Patel (coach)
(Non-members welcome)</td><td>Adult group coaching (beginner)
Sunday 11:00-12:00
Contact HC Tennis for availability and prices</td><td rowspan="5">Cardio Tennis
Monday and Wednesday 19:00-20:00, Saturday 10:30-11:30
Pre-book with Gham Patel (coach)</td><td colspan="2"></td></tr>
<tr><td>RUSTY
(Returning to the game, learning)</td><td rowspan="4"></td><td>Adult group coaching (intermediate)
Sunday 09:30-11:00
Contact HC Tennis for availability and prices</td><td rowspan="3">Wednesday evening social mix-in
Wednesday from 18:30
Pre-book with Janice Coulthard:
janice.coulthard@ntlworld.com</td><td rowspan="4">Competitive opportunities (internal):
• Winter Singles League (WSL)
• Ladders (singles & doubles)
• Summer club tournament</td><td></td></tr>
<tr><td>CLUB PLAYER
(Social play, internal club competition)</td><td></td></tr>
<tr><td>INTERMEDIATE CLUB PLAYER
(Mid-lower team standard, competing at county level)</td><td>Team practice
Sunday from 18:00 until 19:15
Through the winter on selected dates</td><td rowspan="2">Team matches (external):
• Middlesex League (summer): 6 x M teams, 5 x F teams
• Team tennis (summer): 2 x M teams, 2 x F teams
• Floodlit league (winter): 2 x M teams, 2 x F teams
• Middlesex Cup: 1 x M, 1 x F, 1 x mixed</td></tr>
<tr><td>ADVANCED CLUB PLAYER (Higher team standard, competing at Regional/National level)</td><td>Rota to run/coach the Team practice</td><td></td></tr>
<tr><td>OTHER ADULT PLAYING OPPORTUNITIES</td><td colspan="4">Book & Play
Use the MyCourts booking system to book courts and pay within:
Your membership category and Court Usage Policy</td><td colspan="2" rowspan="2">Individual coaching
Contact Coaching Team directly for availability and prices
(Can be booked within the Court Usage Policy)</td></tr>
<tr><td>JUNORS</td><td colspan="2">Junior Coaching Programme
Contact George Matheou (coach)
• Monday-Friday after-school, Saturday morning
• Holiday camps
• Team matches (summer)</td><td colspan="2">HC Tennis Junior Coaching
Contact HC Tennis
• Monday-Friday after-school and Sunday morning</td></tr>
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