

MONDAY			COACH	GOLD	SILVER	NON
<b>* Aero Stride</b>	09.00 – 09.30	<i>Be inspired by exercise through music, suitable for all levels. Price includes Tone Zone which follows at 09.30.</i>	Gillian Kelliher	£2.00	£4.00	£6.00
<b>* Tone Zone</b>	09.30 – 10.15	<i>A full body workout targeting key toning muscle groups. Price includes Aero Stride which starts at 09.00.</i>	Gillian Kelliher	£2.00	£4.00	£6.00
<b>Racketball Club Play</b>	10.00 – 12.00	<i>Social mix-in session played on a squash court using a larger, bouncier ball. Suitable for all levels.</i>		FREE	FREE	£4.00
<b>* Ladies Social Tennis</b>	10.00 – 12.00	<i>A fun and sociable start to your week; organised by the coach, enjoyed by ladies.</i>	Chris Whittle	£2.00	£3.50	£7.00
<b>Adult Badminton Club Play</b>	20.00 – 22.00	<i>Regular badminton social mix-in session run by players. Suitable for all ages.</i>	Ian McCluskie	FREE	FREE	
TUESDAY			COACH	GOLD	SILVER	NON
<b>* Toddler Tennis</b>	10.30 – 11.00	<i>First footsteps onto a court for most! We provide a great learning environment with age-related activities. Ages 2-3.</i>	John Henderson	£2.50	£2.50	£2.50
<b>* Adult Improvers Tennis</b>	11.00 – 12.30	<i>Group coaching for competent tennis players ready to progress to the technical and tactical aspects of the game.</i>	John Henderson	£5.00	£8.00	£15.00
<b>Adult Short Tennis</b>	13.30-14.30	<i>Social mix-in session suitable for all levels using soft balls, lowered nets and smaller rackets</i>	John Henderson	£3.00	£5.00	£7.00
<b>Men's Tennis Team Practice</b>	19.00 – 21.00	<i>Tennis team practice led by a coach intended for any team player of The Northumberland Club.</i>	Chris Whittle	FREE	£3.00	
<b>Racketball Club Play</b>	19.00 – 21.00	<i>Social mix-in session played on a squash court using a larger, bouncier ball. Suitable for all levels.</i>		FREE	FREE	
WEDNESDAY			COACH	GOLD	SILVER	NON
<b>Beginners &amp; Rusty's Club Play</b>	09.30 - 11.00	<i>Coached mix-in doubles session for any club player who hasn't played for a while, or is new to the game.</i>	Lynda Henderson	FREE	FREE	£4.00
<b>Adult Tennis Club Play</b>	18.00 – 21.00	<i>Non coached mix-in doubles session for any club player who feels comfortable holding a rally.</i>		FREE	FREE	
<b>Adult Badminton Club Play</b>	20.00 – 22.00	<i>Regular badminton social mix-in session run by players. Suitable for all ages.</i>	Ian McCluskie	FREE	FREE	

THURSDAY			COACH	GOLD	SILVER	NON
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<b>Racketball Club Play</b>	10.00 – 12.00	<i>Social mix-in session played on a squash court using a larger, bouncier ball. Suitable for all levels.</i>		FREE	FREE	£4.00
<b>Adult Tennis Club Play</b>	12.00-14.30	<i>Coached mix-in doubles session for any club player who feels comfortable holding a rally.</i>		FREE	FREE	£4.00
<b>* Toddler Tennis</b>	14.00 – 14.30	<i>First footsteps onto a court for most! We provide a great learning environment with age-related activities. Ages 2-3.</i>	John Henderson	£2.50	£2.50	£2.50
<b>Ladies Team Practice</b>	19.00-21.00	<i>Tennis team practice intended for any team player of The Northumberland Club.</i>		FREE	FREE	

FRIDAY			COACH	GOLD	SILVER	NON
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<b>* Friday Morning Coaching Group</b>	09.30 – 12.00	<i>Fun and social mixed group coaching combining tactical aspects with match play. Coffee &amp; biscuits served at half time.</i>	Tracy Smith	£5.00	£8.00	£15.00
<b>* Junior Squash Club Play</b>	18.30 – 20.00	<i>Join in on the action as we provide a mix of fun, games and squash; suitable for all abilities.</i>	Matt Hardy	FREE	FREE	£4.00

SATURDAY			COACH	GOLD	SILVER	NON
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<b>Beginners &amp; Rusty's Club Play</b>	12.30-14.00	<i>Coached mix-in doubles session for any club player who hasn't played for a while, or is new to the game.</i>	Sarah Ferguson	FREE	FREE	£4.00
<b>Adult Tennis Club Play</b>	13.00 – 17.00	<i>Coached mix-in doubles session for any club player who feels comfortable holding a rally.</i>	John Henderson	FREE	FREE	

SUNDAY			COACH	GOLD	SILVER	NON
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<b>Junior Match Play</b>	10.00-11.30	<i>Social mix-in club session led by a coach featuring junior players of mixed ability offering match play.</i>		FREE	FREE	
<b>Adult Squash Club Play</b>	19.00 – 21.00	<i>Social mix-in club session featuring players of mixed ability offering match play. Available to prospective members.</i>		FREE	FREE	
<b>Beginners Badminton Club Play</b>	16:00 – 19:00	<i>Informal session for beginners / members who want to join in. Suitable for all ages.</i>		FREE	FREE	

\* These sessions **DO NOT** run during the school holidays. Please ask for further details from reception.

° Book online via your online booking account (members only).

The Northumberland Club plays host to regional, national and international tournaments each calendar year.

This can sometimes conflict with our activity timetable, however we do try to avoid this wherever possible.

Why not join our club weekly newsletter to stay in touch with the latest news, events and offers?

Sign-up free online at [www.northumberlandclub.org](http://www.northumberlandclub.org)

