

Single Box Leagues

The box leagues are open to men and ladies of any standard who are members of the sports club.

- 3 player per league
- 2 matches per month
- Matches best of 2 sets
- All standards welcome

	Name	Tel. Number	Email Address		1	2	3	Pts
1			-	1		0 - 0	0 - 0	
						0 - 0	0 - 0	
				2	0 - 0		0 - 0	
					0 - 0		0 - 0	
				3	0 - 0	0 - 0		
					0 - 0	0 - 0		

D & G Leagues

For the competitive player there are the south west doubles leagues. These are run from April to September and matches are played on Wednesday nights. We have men's, ladies and mixed teams competing against various clubs throughout Dumfries & Galloway.



Dumfries Sports Club

50 Nunholm Road

Dumfries

DGI IJW

Phone: 01387 252527

E-mail: tennis@dumfriessportsclub.co.uk

www.dumfriessportsclub.co.uk



DUMFRIES LAWN TENNIS CLUB

LOCATED WITHIN THE GROUNDS OF DUMFRIES SPORTS CLUB ON NUNHOLM ROAD

- Four all weather courts
- Fully floodlit
- Tennis all year round
- Fully licensed bar
- Sky TV and pool table
- Well-equipped gym

Whats on throughout the year

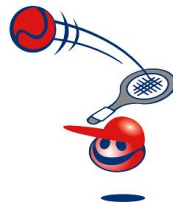
Junior Coaching

Dumfries Tennis Club Coaching

Tuesday Coaching sessions are on a week to week basis and are run by Dumfries Tennis Club. There are two 60 minute sessions at £2.00 per hour each.

4pm to 5pm 9yrs and under

5pm to 6pm 10yrs and over



Spaces are available for Non members at a cost of £3 for a limited number of weeks.



These sessions are taken by Richard Cunningham who is also available for individual adult and junior lessons.

To enquire about Tuesday sessions or individual lesson please either email

tennis@dumfriessportsclub.co.uk

or call Michael on 07734073397



Colin Dunbar Tennis

Saturday morning tennis groups are run in block by Colin Dunbar at a cost of £3 x the number of weeks in the block.

The groups are age defined and limited to 10 players max on a first come first served basis with a waiting list thereafter. We will use the squash courts if the weather is inclement.



Groups are:

9am-10am	—	
10yrs—11yrs		
10-11am	—	12yrs+
11-12 pm	—	mini orange 7-9yrs
12-1pm	—	mini red 4-6yrs

(Limited spaces available for Non members at an increased fee for a limited number of weeks)

If unsure what group please ask. You can email Colin Dunbar or txt to book a place (mob 07762624329) or dunbar755@btinternet.com



Mixed Club Night

Monday nights are mixed and run from April until late September and are open to all senior members who have the ability to play doubles matches.

Starting from 6-30pm.

Get fit.. have fun.. meet more members Ladies Club Night

Calling all Ladies,



Especially beginners, improvers or rusty rackets.

Join us on a Thursday Evening for an hour or so, of 'me' time.

It's **TENNIS!**... It's for **Girls ONLY** ...
It's **Grown Up** ... It's **Fun**... It's **active**..
It's **varied**... It's **sociable**.

Run throughout the year, weather permitting, 6pm start, with a small cover charge.