

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

D & G leagues

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

Dumfries & Galloway.

National leagues

We also enter teams into the LTA national leagues and the Scottish Cup.

Open competitions

The club runs various open singles and doubles events for both junior and adults players. Watch the website and noticeboards for more details.



Dumfries Sports Club

50 Nunholm Road

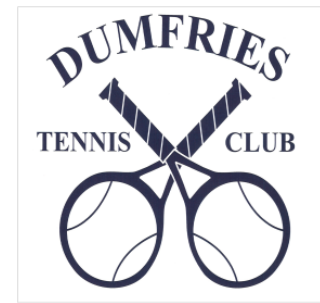
Dumfries

DGI IJW

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www.dumfriessportsclub.co.uk



LOCATED WITHIN THE GROUNDS OF
DUMFRIES SPORTS CLUB ON NUNHOLM
ROAD

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

Whats on throughout the year

Junior Coaching

Dumfries Tennis Club Coaching

Coaching sessions are on a Tuesday, Thursday & Saturday.

Check the website & notice boards for any updates. The cost per session is £2 for members & £3 for Non-members with a maximum number of 8 being preferred per session. Each player will have to book to guarantee their space although they will only pay for the sessions they come to. All sessions are 1 hour long and will run providing we have at least 2 players.



Tuesday

4pm to 5pm— 5yrs to 9yrs,
5pm to 6pm— 10yrs and over,
6pm to 7pm— Junior performance groups (invitation)



Thursday

4pm to 5pm - 10yrs and under

Saturday

10am to 11am— 8yrs to 10yrs.
11am to 12pm— 10yrs+
12pm to 1pm — 8yrs and under



To book contact Michael on 07734 073397 or email tennis@dumfriessportsclub.co.uk

Junior members can play in the club championships, the club singles box leagues and could be considered for selection for the D&G junior team leagues and district coaching.

Adult Coaching

Beginners & Intermediate classes.

Adult classes will run from April to October.

Tuesday sessions from 7pm to 8pm (new time) For further information on individual or group lesson visit the website.

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.

Ladies Club Night

Get fit.. have fun.. Meet more members



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 summer, weather permitting, 6pm start, with a small cover charge.