

CONTACT US



COACHING

**CLUB PROFESSIONAL
CRAIG MOUSLEY**

**TENNIS AUSTRALIA
ACCREDITED TALENT
DEVELOPMENT COACH**

Ph 0412 262 006

coaching@ggtc.org.au

COMPETITION TENNIS

➤ <http://www.tennis.com.au/goldengrovetc>

➤ secretary@ggtc.org.au

- If you would like to arrange a tennis lesson with the GGTC Club Professional Coach, Craig Mousley, call him on **0412 262 006**

<http://www.tennis.com.au/goldengrovetc>



GOLDEN GROVE TENNIS CLUB

**TILLEY RESERVE
CORNER YATALA VALE &
HANCOCK ROADS
SURREY DOWNS SA**

<http://www.tennis.com.au/goldengrovetc>



Play tennis

Make new friends, fun for all regardless of age or ability!

JUNIOR TENNIS COMPETITION

- Matches are played Saturday mornings (both summer & winter) and Friday evenings for higher divisions
- Generally, teams are made up of 5 players, with 4 players rostered to play each week
- Teams will play one set of singles and one set of doubles
- Players are placed in divisions based on their ability, not their age
- Matches are self-umpired, with assistance provided by court supervisor if required
- Register on our website

SENIOR TENNIS COMPETITION

- Played on Saturday afternoons from 1pm in both summer & winter
- Teams of 5 players, with 4 playing each round (singles & doubles)
- Refer to our website for the Club Captain's contact details, or email secretary@ggtc.org.au

MID-WEEK LADIES DOUBLES COMPETITION

- Played on Wednesday mornings
- Teams of 4 to 6
- Each player plays 3 doubles matches
- Matches played at locations around the North-Eastern Suburbs
- Seasons run January to June, July to December
- See our website for contact details

Coaching available for all ages and abilities

We offer a range of coaching programs, from beginner to advanced.

ANZ HOT SHOTS

A modified competition for RED BALL and has proven to be a great addition to the coaching programme. From the beginner who can bounce & hit the ball over the net or the more advanced who can play full court, this is the perfect stepping stone to club tennis.

COACHING PROGRAMME

- 3-7 year olds
- FREE RACQUET
- Maximum of 4 students per coach



GAME PLAY

- Modified game for all standards

DEVELOPMENT SQUADS (ORANGE/GREEN/YELLOW BALL)

- Ages 8+
- Technical Development
- Match Tactics
- 45-60 minute lessons



TALENT SQUAD

- By invitation only
- Tournament Players
- Tactical Match Play
- Advanced Stroke Production



ADULT GROUP CLASSES

- Relaxed Atmosphere
- Private coaching for all ages

Fitness and Social



Meet new people and get fit at the same time...



*An exciting, high energy program that will give you a great fitness workout, **Cardio Tennis** is open to all ages, abilities, and fitness levels — regardless of whether or not you've played tennis before.*

- Set to music, one workout a week will have you feeling fitter and more energised than ever
- Receive a **FREE trial & T-shirt** when you register for the first time
- Various times and days offered – if you are interested contact Craig on **0412 262 006**



*They say a quick game is a good game... Open to all standards and age groups. You don't need to form a team, you can just come out and have a go at **Fast4 Tennis**.*

- Played Tuesday 7.00pm - 8.30pm
- The format is social doubles with partners rotating after each set
- Sudden death deuce, sets played to 4 with a tie-break at 3 games all