



ST GEORGE'S HILL
LAWN TENNIS CLUB



What's on at St George's Hill Lawn Tennis Club

MAY - AUGUST 2022

Look inside for some of our fantastic events!

RACQUETS | FITNESS | SPA | JUNIORS | SOCIAL

A Bit of TLC

at St George's Hill Lawn Tennis Club



A Bit of TLC is a 'virtual club' that provides members with access to a wide programme of theatre, concerts and opera, a food club, talks, private tours of houses and gardens and overnight stays in Britain and abroad: all curated and hosted with imagination, value, efficiency and ... **A BIT OF TLC.**

St George's Hill Lawn Tennis Club and A Bit of TLC have started a partnership whereby any member of St George's Hill Lawn Tennis Club may enrol, free of charge, as a member of A Bit of TLC; TLC membership usually costs £120 a year. Even if you do not enrol, you can still take full advantage of this virtual club. TLC offers a very varied programme, transport from St George's Hill and back and the company of fellow members and kindred spirits all help to make events more enjoyable.

As one member recently remarked, ***'It was a very special evening but, from my experience, all TLC's events are special.'***

To take advantage of A Bit of TLC at St George's Hill Lawn Tennis Club:

If you think you are going to be a regular user then head to www.abitof TLC.org, and complete the membership form. Please remember to put in your club number and when you reach the bottom of the form, where payment is requested, ensure you tick the 'STGHLTC membership' option.

Once you have registered you can browse the Events Calendar for details and to book and pay for events.

If you just want to try an event, to see if TLC is right for you, then do please call Julian and Maria at TLC on 020 7371 7223 or email them on info@abitofTLC.org and they will answer all your questions. You will also have many opportunities to meet them at the Club.

To learn more about TLC

go to our page
abitofTLC.org/tlc-at-sghlTC/
and read the current programme.

Transport is available to every venue from, and back to, the Club with a charge to cover the cost, for example, the charge for a trip to the West End (and back) is £20 per person return.

We look forward to joining A Bit of TLC for some superb outings!



SPA MAY OFFER

Let's get our feet summer ready. Book a gel pedicure and/or a Footlogix treatment in the month of May and receive a complimentary glass of prosecco whilst you enjoy your pampering.

Footlogix® is the world's first and only Pediceutical® foot care line offering innovative products that provide effective and transformational results.

spa@stghlhc.co.uk | 01932 268979

JUNIOR TENNIS

St. George's Hill Junior Closed Championships

meadows ryan
SOLUTIONS SINCE 1940

This year we are holding our annual Junior Club Championships over a series of Sundays in place of our in-house tournaments. This tournament is a great way to round off your junior's year of tennis where they get to play a series of friendly yet competitive matches to battle it out to become St. George's Hill Junior 2022 player in their category.

For further information, please contact Tessa tessac@stghlhc.co.uk.

Application forms and payment available at Reception from Friday 15th April.

- **Sunday 1st May: 8U Singles**
- **Sunday 8th May: 10U Singles Boys/Girls & Doubles**
- **Sunday 15th May: 9U Singles**
- **Saturday 18th & Sunday 19th June: 12U/14U & 16U boys & girls singles & doubles**

£6 per player, per entry



GYM

WED
4**International Firefighter's Day**

International Firefighter's Day is celebrated every year on May 4th to recognise and honour the sacrifices of firefighters who risk their lives for others. International Firefighter's Day was established in 1999 to honour the lives of five firefighters who died in a wildfire in Victoria, Australia, and to recognize the service and sacrifice that firefighters around the world make daily.

We will be creating a **firefighter workout of the month** and look forward to seeing you all getting involved.

The fitness team will be suitably dressed as firefighters during your fitness classes on this day – members, feel free to join in!



DINE

FRI
6**Fish Friday**

Relax and unwind after a long week and enjoy our Fish Friday evening. Dine with us from 6.00pm and let our Chefs do the cooking with a freshly prepared fish supper.

Pre book your table in the Lake Room 01932 268964.



JUNIOR

SAT
7**Play Your Way to Wimbledon**

Juniors - ever dreamt of playing on the famous grass courts of Wimbledon? Who hasn't!

The Play Your Way to Wimbledon, powered by Vodafone, junior tournament (previously called Road to Wimbledon) gives most players under the age of 18, an opportunity to follow in their heroes' footsteps and compete for the title at Wimbledon.

Sign up on the junior tennis notice board from 15th April.
If you have any questions, please contact Tessa tessac@stghlhc.co.uk.

**meadows ryan**
SOLICITORS SINCE 1940ADULT
TENNISSAT
7**Tennis Chairman's Cup**

Start of the grass court season, Tennis Chairman's Cup will begin at 1.30pm, followed by afternoon tea at 4.15pm. No need to sign-up, just turn up at 1.30pm.

MAY

SOCIAL

MON
9

Gin tasting and canapés in the Lake Room, hosted by the Gin Kitchen, Dorking.

The Gin Kitchen is a distillery in the Surrey Hills crafting fabulous spirits. They make just 30 bottles at a time in their copper pot stills. The team are looking forward to coming to the Club to let you discover their range of gins and spirits. The evening begins promptly at 7.30pm.

Tickets: member £15 | guest £20

We have a maximum of 15 places. Please do book early at Reception to avoid disappointment.



SOCIAL

THU
12

Friendship Group Coffee Morning

All members, whether you are a long standing or new member of the Club, are welcome to come along to the Tarrant Room and join the Friendship Group for a morning coffee with a chosen guest speaker. 10.00am for a 10.30am start. We greatly look forward to having the pleasure of meeting as many of you as possible and promoting new friendships amongst STGHLTC members. For more information, please contact Simone Benmore: benmoresimone@gmail.com.



SOCIAL

SAT
14

FA Cup Final

Why not grab a dish from the Club menu and watch the FA Cup Final at your Club?



GYM

Sunday 15th May

New Beginnings - Yoga Retreat Day.

Join us at 9.00am-3.30pm for a day of unity and connection, designed to rejuvenate mind, body and soul. You will be led through a journey of movement, mindfulness and meditation to reduce stress, restore body and mind and delve deeper into the traditional teachings, knowledge and wisdom of yoga.

This day will include three yoga classes, a workshop on how yoga and meditation can alleviate stress/anxiety and improve gut health, a plant-based lunch in the pavilion, fresh juices and home baked treats.

You will most certainly leave this day feeling rejuvenated/reconnected with "New Beginnings", along with a goody bag! We have only ten places available. The costing for this day will be £50.00. If this is of interest to you, please email amandac@stghltc.co.uk to reserve your place.

DINE

MON

16

SUN

22

National Vegetarian Week

National Vegetarian Week is an annual awareness campaign that promotes vegetarian food and the benefits that a meat-free diet can give to a person's health. Keep an eye on the daily specials board as St George's will be offering a different veggie special each day between Monday 16th and Sunday 22nd May.

SOCIAL

FRI

20

Friendship Group Evening

All members, whether you are a long standing or new member of the Club, are welcome to come along to the Tarrant Room and join the Friendship Group for the evening with a chosen guest speaker. 7.00pm for a 7.30pm start. We greatly look forward to having the pleasure of meeting as many of you as possible and promoting new friendships amongst STGHLTC members. For more information, please contact Simone Benmore: benmoresimone@gmail.com.

DINE

SAT

21

Barbecue Opening Launch

It's that time. It's almost the 26th National BBQ Week, so let's get that BBQ roaring. Come and join us as we open the barbecue for the summer months. Dine outside overlooking our lake, soaking up the sun, with a chilled drink in hand, whilst experiencing Chef's 2022 weekend barbecue menu.



SOCIAL

SAT
21**The Tables have Turned - a Sherlock Holmes spoof.
A Murder Mystery Evening - can you catch the killer?**

Direct from London's West End, Moonstone Murders presents this not to be missed comical murder mystery evening beginning promptly at 7.00pm. Hosted in our Lake and Tarrant Room, this top-quality experience will be one you will not forget!

Tickets include a welcome drink and a 3-course meal.
Purchase your tickets from Reception. Members £45 | Guests £50.

DINE

SUN
22
SAT
28**British Sandwich Week**

Every year British Sandwich Week celebrates the humble sandwich in all its glory as well as the contribution that the sandwich industry makes to the economy. Keep an eye on the daily specials board as St George's will be offering a different sandwich special each day.

SOCIAL

SUN
22**French Open | Sunday 22nd May – Sunday 5th June**

The second grand slam tournament of the year held on the red clay courts of Roland Garros. Watch live in the Club Room.

SPA

WED
25**Holistic and Wellness Event | 5pm – 9.00pm**

Book one of our sample holistic treatments in the Spa for only £20 (15 minutes), you will receive a detox drink and goodie bag after your session plus £10 discount off your next full 55-minute treatment.

- Eastern Fusions Massage
- Indian Head Massage
- Reflexology
- GDC Wellness Therapies

SQUASH

THU
26**Special Squash Club Night**

A chance to meet fellow squash players and the head coach and join in a fun team competition – open to all adult players, Ladies and Men.

DINE

THU
26**Live music on the lakeside terrace | 6.30pm–8.30pm**

Dine on our lakeside terrace, soaking up the sun, this Thursday in May whilst listening to Stuart perform.

Stuart studied at Trinity College of Music in London and graduate in 2003 with a B.Mus (Hons) in Jazz Guitar. He currently performs in The Counterfeit Stones playing in theatres and clubs throughout the U.K. As a freelance musician, he has performed in various settings from solo guitar to 8-piece function bands all over the U.K.

Book your table via the Lake Room 01932 268964.

DINE

FRI
27**Fish Friday for National Fish & Chip Day**

Fish & Chip lovers across the UK are coming together to celebrate the great British institution that is fish and chips. So of course, St George's are joining in! From 6.00pm, join us and celebrate one of the nation's favourite dishes. **Pre book your table in the Lake Room 01932 268964.**

JUNIOR
SQUASHSAT
28**Neil Desai Junior Tournament**

St George's Hill LTC is once again planning to hold the Neil Desai Junior 'super-series' for the U13s, U11s and U9s mini squash. This is a 1-day exciting tournament for boys and girls. This will be open to members and non-members. Full details will be advertised shortly.

GYM

Saturday 28th May

Football Challenges for the Champions League Finals

The Stade de France in Paris will stage the UEFA Champions League final on Saturday 28th May. Before we enjoy the game (scheduled at 8pm), let's have some competitive football fun at the outdoor gym. Your fitness team will be holding various activities including penalty shootouts and kick up challenges between 10.00am-1.00pm.

Pop on down if you're up for the challenges!



JUNIOR

May Half-Term Tennis Camps

Monday 30th May – Friday 3rd June

Join us for our popular morning tennis camps.

9.00am–10.00am: Tots.

10.00am–12.00noon: Red, Orange, Green & Yellow ball.

For further information, please contact Tessa tessac@stghlhc.co.uk.

Bookings open via the junior app on Friday 6th May.

meadows ryan

SOLICITORS SINCE 1940



JUNIOR
SQUASH

TUE
31

May Half Term Squash Camp | Tuesday 31st May & Thursday 2nd June

Calling all juniors! Join us for our afternoon squash camp between 1.30pm-3.00pm. For further information, please contact Tessa tessac@stghlhc.co.uk. Bookings open via the junior app on Friday 6th May.

ADULT
TENNIS

TUE
31
MAY

–

FRI
3
JUNE

National Premier League (NPL) Tennis Finals

Tuesday 31st May – Friday 3rd June

St George's Hill LTC hosts teams from across the UK in a men's and women's doubles tournament. Matches will be held on our grass courts each day from 10.00am. All members and guests are welcome to watch and support the event. The atmosphere will be buzzing, the sun will hopefully be shining, drinks will be flowing, and the tennis will be superb!

SQUASH

Summer Surrey Cup commences.

May – September 2022

We will be entering several teams in the Summer Surrey Cup in both the Men's and Ladies' tournaments – anyone interested in playing, please contact Chris Browning: chris.browning.uk@hotmail.co.uk



Platinum Jubilee

WEEK SELECTION

Celebrating the Queen's Platinum Jubilee

Thursday 2nd June - A Right Royal Quiz

Join our regular Quiz Hosts, Peter and Jane Jamieson, at 7.15pm for a momentous monarchy event. Teams of 8 only. Smaller groups will be added to a Club Table organised by the Club. Event is open to adult members and guests only. **Tickets are £20pp and include a traditional pie and mash supper.**

NEWS FLASH! Judith Keppel joins us for this special evening. Yes, the first ever top prize winner of 'Who Wants To Be A Millionaire' and star of Eggheads will be hosting a round at our Jubilee Quiz Night. Will you be able to answer her questions?

The evening, while featuring a number of rounds on all things Royal, will include much broader quiz questions too so, although an evening with a 'Royal twist', it will be a quiz night to cater for all quiz enthusiasts and tempted beginners!

Friday 3rd June - Black Tie Gala Dinner

A truly patriotic evening with the suitably named and themed 'Patriot Girls'. With a touch of class, and a menu fit for the Queen, this will be an idyllic evening for us all to come together to celebrate and mark this truly historic event. Arrival 7.00pm for 7.30pm sit down. Enjoy a glass of English sparkling wine on arrival and then a menu full of the Queen's favourites. The much-loved Club Choir will be performing as well as a set from the excellent 'Patriot Girls'. The girls are all classically trained vocalists with extensive careers in The West End and professional Opera companies. Then enjoy the remainder of the evening dancing the night away – carriages 1am. Tickets £75pp.

Saturday 4th June - Killer Queen in concert

For one night only we will be taking over the indoor tennis courts for the event of a lifetime at your Club. We will be hosting our own 'Party at the Palace' with probably the world's finest Queen tribute band - Killer Queen. With live music on arrival and a glass of English sparkling wine, a BBQ and luxury food hampers to eat, a cocktail bar and a warm-up act before the concert begins, this will truly be a night to remember. The evening starts at 7.00pm with the warm-up act coming on at 8.00pm, Killer Queen at 9.00pm and then dancing to our resident DJ until 1am. Tickets £95pp to include a luxury food hamper.

Sunday 5th June - Family Street Party

Along with the rest of the nation, we will be hosting a 'Big Jubilee Street Party' with fun for all the family. Please join us from 1.00pm with an Afternoon Tea for all at 3.00pm to celebrate this momentous occasion.

The Club grounds will be full to the brim with delightful fairground attractions, family garden games, children's activities and much more! The afternoon will have something for everyone.

All Club facilities will close at 11am with the Clubhouse closing at 12pm. We will then reopen at 1.00pm for our Jubilee Street Party. No parking will be available other than pre-booked Disabled Parking.

JUNIOR

meadows ryan

SOLICITORS SINCE 1948

St. George's Hill Junior Family Doubles Tournament

Adults and 11U Juniors doubles fancy dress event! This doubles event is open to players who fit the age requirement and can rally. Come dressed as 'royalty' and enjoy a family game of doubles. Awards go to the best dressed doubles pair as well as to the winners of the tournament. Sign up by Saturday 28th May on our junior notice board by the female changing rooms. Please note, you must have a ticket to the Family Street Party in order to enter this tournament.

CLUB
NEWS

MON
6

Advance notice

On June 6th we will be having the switchover to our new electricity supply. This means that the entire Club and all facilities will be closed on that day as the Club will have no power.

CLUB
NEWS

TUE
7

Birthday Celebrations

On Tuesday 7th June the Club will be 109 years old so we will be holding birthday drinks in the Lake Room and Terrace from 7pm to 9pm. Please join your Board of Directors for a complimentary glass of wine (or two).



SPA

10% off
Neom, Elemis
& Three Seeds!



Our British brands Neom, Elemis and Three Seeds are offering a **10% discount** off any products purchased this bank holiday weekend: **Thursday 2nd – Sunday 5th June 2022.**

SOCIAL



THU
9

Friendship Group Coffee Morning

All members, whether you are a long standing or new member of the Club, are welcome to come along to the Tarrant Room and join the Friendship Group for a morning coffee with a chosen guest speaker. 10.00am for a 10.30am start. We greatly look forward to having the pleasure of meeting as many of you as possible and promoting new friendships amongst STGHLTC members. For more information, please contact Simone Benmore: benmoresimone@gmail.com.

DINE

SUN
12

National Healthy Eating Week Sunday 12th – Saturday 18th June

The British Nutrition Foundation's Healthy Eating Week is an annual event that highlights what we can all do to have healthier lifestyles. It is a chance to get everyone focusing on having a healthier and more sustainable diet. Keep an eye on the daily specials board as St George's will be offering a different healthy special each day.



SOCIAL

MON
13

Cinch Championships – Queen’s Club Monday 13th June – Sunday 19th June 2022

A major ATP 500 grass-court tournament in the run up to Wimbledon.
Watch live in the Club Room all week.

ADULT
TENNIS

THU
16

LMT Tennis and Lunch

St George’s welcomes all players from the Ladies Midweek Tennis League for the annual tennis mixer and lunch. **From 10.00am.**

SOCIAL

FRI
17

Friendship Group Evening

All members, whether you are a long standing or new member of the Club, are welcome to come along to the Tarrant Room and join the Friendship Group for the evening with a chosen guest speaker. 7.00pm for a 7.30pm start. We greatly look forward to having the pleasure of meeting as many of you as possible and promoting new friendships amongst STGHLTC members. For more information, please contact Simone Benmore: benmoresimone@gmail.com.

SPA

SUN
19

Father’s Day

Treat your dad to a massage in the Spa the week of the 19th – 26th June 2022 and **receive a**

10% discount!



DINE

SUN
19

Father’s Day Carvery

Sunday Lunch, we believe, is the most important family meal of the week. Book your table early to avoid disappointment and enjoy a lovely carvery cooked by our wonderful team of Chefs to celebrate Father’s Day.

Happy
Father’s
Day

All Dads will receive a **FATHER’S DAY GIFT** with their meal.

Book early in the Lake Room to avoid disappointment 01932 268964.



DINE

FRI
24

National Cream Tea Day

Every year on the last Friday in June, British tradition comes alive on National Cream Tea Day. What better way to celebrate this day than to join us for a delicious lakeside afternoon tea with a glass of bubbles.



ADULT
TENNIS

FRI
24

International Club's Day

St George's hosts the IC of GB versus the IC of France. There will be high quality tennis from the players who have all represented their country. Come along and watch from 11.00am on the grass courts.

GYM

SAT
25

Armed Forces Day

Armed Forces Day is a chance to show your support for the men and women who make up the Armed Forces community: from currently serving troops to Service families, veterans and cadets. In efforts to raise awareness and monies for charity, the fitness team will be completing a Rowing Marathon of 37,014 meters, in the best time possible. Please come and show your support. We will be starting at 10.00am at the outdoor gym.



SOCIAL



Wimbledon Championships

Monday 27th June – Sunday 10th July 2022

The UK's grand slam tennis tournament held on the grass courts of The All-England Lawn Tennis Club. The famous centre court is turning 100 years old! Watch live in the Club Room for the next two weeks. Why not enjoy a Wimbledon classic – a glass of Pimms and a bowl of strawberries for just £9.50 whilst watching the tennis at your Club.

Here's to a glorious tennis fortnight!

SPA

Perfect Summer Pamper Package

St George's Hill LTC's Signature Germaine De Capuccini Treatment and Geleration Manicure.

Only £157 (Normally £197)



ADULT
TENNIS

SAT

2

Club Afternoon Tea

Come along to our regular Saturday afternoon mix-ins from 2.00pm followed by a delicious complimentary tea at 4.15pm.

SPA

WED

6

Aesthetics Demo | 12pm

Meet our Aesthetics Nurse Saffron Heighes and find out more about the services she offers at the club.

GYM

ARE YOU
READY?

It's been 10 years since the London Olympics, WE WANT TO SEE YOUR SPEED!

How does your sprint compare to Usain Bolt? Usain can run 100m in 9.58 seconds. What is your fastest 100m on our Skill Mill? Get yourself on the leader board and take-home GOLD!

GYM

SAT

9

Fitness Taster Day followed by a barbecue

All members are welcome to join the Summer Fitness Taster Day. After our workout, a much-deserved gathering will be held on our Lakeside Terrace. There will be Pimms on arrival along with an amazing feast from Chef with his fantastic BBQ.

JUNIOR

SUN

10

meadows ryan

SOLECTORS SINCE 1940

St. George's Hill Juniors:

End of Term Tennis Party & Awards Ceremony

Come and join us to celebrate the end of the Junior tennis year with some food and games with the coaches! Awards will also be given to mark players efforts throughout the year. We hope you will join us in celebrating the successes of the year. This is a free event to attend, but please do sign your Junior up by emailing Tessa tessac@stghlhc.co.uk from Friday 10th June.

JUNIOR

MON

11

meadows ryan

SOLECTORS SINCE 1940

St. George's Hill LTC Junior Summer Camps

Calling all juniors! Join us throughout the summer for our six weeks of holiday fun. Have a summer to remember, make memories and news friends whilst taking part in tennis, swimming, table tennis, arts & crafts and much more!

- **Week 1:** Monday 11th July – Friday 15th July
- **Week 2:** Monday 18th July – Friday 22nd July
- **Week 3:** Monday 25th July – Friday 29th July
- **Week 4:** Monday 8th August – Friday 12th August
- **Week 5:** Monday 15th August – Friday 19th August
- **Week 6:** Monday 22nd August – Friday 26th August

For further information, please contact Tessa tessac@stghlhc.co.uk. Bookings will be available through the junior app.



JUNIOR

MON

11

meadows ryan

SOLECTORS SINCE 1940

Hurlingham Triangular

This traditional and very prestigious event in which we compete every year at The Hurlingham Club in Fulham along with the Roehampton Club will be held on Monday 11th July. It is always an enjoyable day with around 20 of our juniors from St George's Hill competing against the other two Clubs in the beautiful surroundings of Hurlingham. Good luck to our Junior Members taking part! Teams will be picked and players notified.

JUNIOR

MON

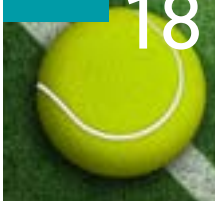
18

meadows ryan

SOLECTORS SINCE 1940

GYM Monday's and Friday's | July 18th (for 6 weeks) Junior Fitness Activities with the Fitness Team

30-minute sessions with the gym team - check mywellness for times and bookings. We will be running 30-minute fitness sessions for our juniors aged 11-15. This will be body weight 'sweat' and spin classes, full of fun and high energy exercise with the fitness team.



JULY

DINE

SAT
30

Texan Barbecue

Enjoy the warm evenings relaxing on the lakeside terrace whilst you dine with live music. This Saturday, choose a dish from Chef's sizzling Texan selection of barbecue choices, grab a drink from the outside bar and relax enjoying the July sun.

AUGUST

GYM

LIVE STREAMED CLASSES

Throughout the month of August, we will be live streaming classes on the **mywellness app**. Join us from anywhere around the world. Please check the mywellness app and keep an eye out for the fitness enews and timetable. These classes will also be available to watch on demand.

SPA

CELEBRATE YOUR SKIN

20% off all Spa Facials in the month of August 2022

*Offer is valid Monday – Thursday 9.00am to 9.00pm, subject to availability.

JUNIOR

MON
1

St. George's Hill Junior Open Tournament

Monday 1st – Saturday 6th August

Sponsored by Meadows Ryan and Porsche Guildford.

meadows ryan
SOLICITORS SINCE 1940



Our annual Junior Open Tournament is back! The LTA Grade 4 event attracts players from Surrey and beyond, age 8U up to 18U. Enter your junior and/or come to watch and show support for some great tennis from our junior Club members and their competitors. Only a six-court event, so plenty of other courts available for all our members throughout the week. Further information to come via our E-news and around the Club. Any questions or queries, contact tessac@stghlhc.co.uk.

ADULT
TENNIS

SAT
6

Club Afternoon tea

Come along to our regular Saturday afternoon mix-ins from 2.00pm followed by a delicious complimentary tea at 4.15pm.

DINE

SAT
6

Greek Food Evening

Enjoy a selection of Greek dishes served in the Lake Room.
Pre-book your table 01932 268964.

DINE

SAT
27

Caribbean Barbeque

The UK's biggest celebration of Caribbean food and drink, Caribbean Food Week was launched by Grace Foods in 2012 to help raise awareness of Caribbean cuisine around the UK and to take the islands' delicious flavours and products nationwide through outdoor events, in-store supermarket sampling, recipe shares, special offers and more!

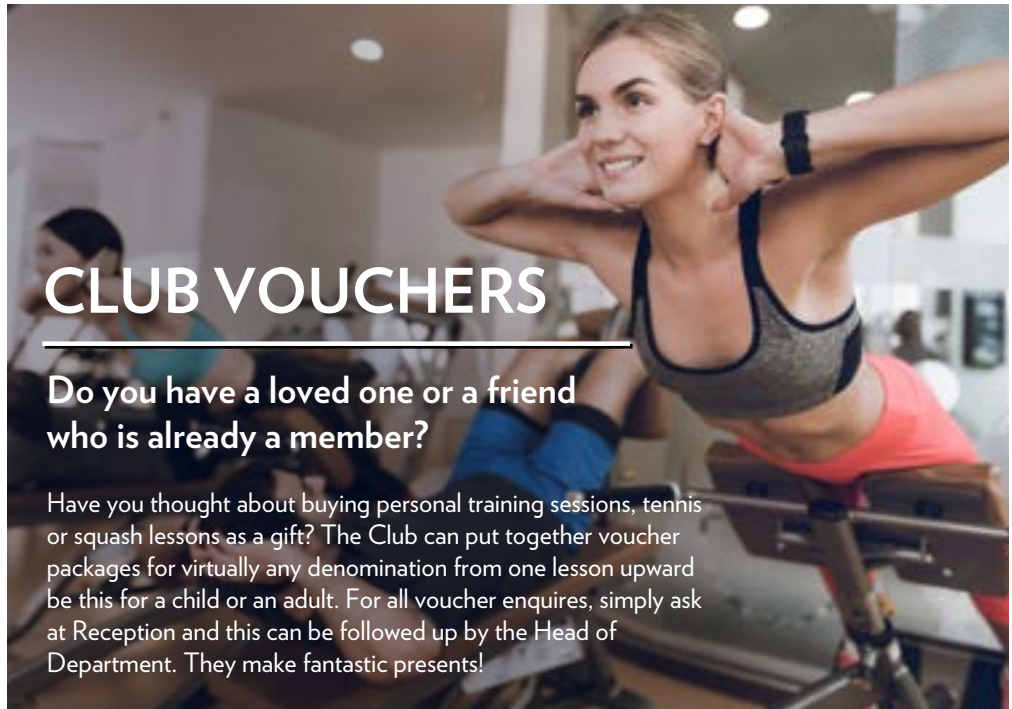
So, join Chef on our lakeside Terrace, with live music and indulge in some superb Caribbean dishes.



CLUB VOUCHERS

Do you have a loved one or a friend who is already a member?

Have you thought about buying personal training sessions, tennis or squash lessons as a gift? The Club can put together voucher packages for virtually any denomination from one lesson upward be this for a child or an adult. For all voucher enquires, simply ask at Reception and this can be followed up by the Head of Department. They make fantastic presents!



We are pleased to announce our new tenants, Forefront Sport, taking over the Club Shop, following Danny's retirement.

From May, Forefront Sport will have full time staff working in the shop providing a racquet fitting service, restringing with Wayne and a fully stocked shop with a backup website offering either delivery or click and collect. There will also be a fresh new range of STGHLTC logo'd products for tennis, squash, gym, swim and fashion.

The Pro Shop is run for the benefit of our members by ForeFront Sports. They specialise in professional services and retail at Private Members' clubs where the customer always comes first, no problem is too small - they are here to give you expert advice and customer service. They will offer a comprehensive range of clothing, footwear and racquets from all the best brands, are competitive on pricing and aim to be the best on customer service and aftersales care. Their recently launched online store - www.forefrontsport.co.uk - provides a free click & collect service for members as well as home delivery. They are developing and adding more products all the time and are small enough to care, and big enough to provide the best products at competitive prices.

Contact them at proshop@forefrontsport.co.uk



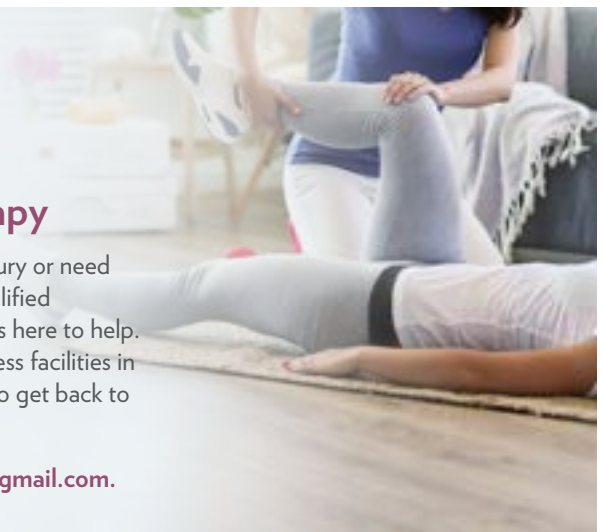
THE PRO SHOP



Forefront Physiotherapy

Whether you are recovering from injury or need treatment for a minor niggle, our qualified physiotherapist, Matthew O'Grady, is here to help. Having an onsite clinic, gym and fitness facilities in one location makes it easier for you to get back to full fitness quicker and stronger.

Contact Matt on forefrontphysio@gmail.com.



St George's Apps



'St George's Hill LTC' app

Book your tennis courts, squash courts and Lake Room restaurant table and have a browse at our upcoming events. Grab a fellow member's email address from the Members' Directory, check your statements and even report an issue. All from one place on your phone. It could not be easier. Simply find 'St George's Hill LTC', install the app from the App store or Play store and enter your details.



Junior app 'SGH Junior Academy' app

Book your junior's tennis, squash & swimming programme session with a click of the button. Enrol them into one of our holiday camps and receive communication and notifications from the Club and coaches! Simply find 'SGH Academy', install the app from the App store or Play store and register your junior's details.



'MyWellness' app

Book all fitness classes via the Mywellness app. The Mywellness App synchronises your classes to your diary, which in turn will give reminders and help with everyone's busy lifestyle. You can also keep up to date with your exercise activity which includes tracking your gym programme. The new App also will enable us as a Club to manage and monitor attendance/cancellations more effectively. Make an account through <http://www.mywellness.com/stgeorghill> or email gym@stghltc.co.uk and we will be able to assist you.



My Club Account

Check your live & current top up account from your mobile. Top up your levy with ease.

Smart device:

www.myclubaccount.co.uk/stghltc

Save weblink by using your phone function 'Add to Home Screen' or 'Bookmark' to make a shortcut on your smart device home screen.

Website:

www.myclubaccount.co.uk

Click on St George's Hill Lawn Tennis Club icon. Follow the prompts

**BOOK VIA OUR
APP TODAY!**





SOCIAL MEDIA

The main St George's Hill Lawn Tennis Club
Instagram, Facebook & Twitter account:

@stghltc

Instagram pages:

@stghltc.tennis

@stghltc.fitness

@stghltc.spa

Follow us and tag us in your photographs
– we love to see them!



Enews Communications



The Club's Enews communicates members messages from the Chairman, CEO & Senior Management as well as information regarding the latest upcoming news, events and offers.

Are you receiving the Club's Enews? If not, please check your junk mail and make marketing@stghltc.co.uk a 'safe sender' as well as adding the email address to your address book.

Have you never received the Club's Enews? Please contact marketing@stghltc.co.uk who will be able to assist.



Adult Swim Training

Monday 9.15am, Wednesday 9.30am & Friday 9.10am.
Book via the **MyWellness app** to join our 45-minute adult swim training classes!



Bridge

Fancy a game of Bridge?
Tues – Chicago Bridge | Thurs – Duplicate Bridge
Contact Club Member Tony Reed for further information
07885 781639.



Table Tennis

Join us on Mondays for Table Tennis evenings.
Contact Club Member Simone Benmore for further information
07850 935342.



Badminton

Why not have a game of Badminton on a Wednesday morning?
Contact Club Member **Sue Davey** for further information
01932 844771.

Spa

Our professional masseurs and beauty therapists are on-hand to restore balance and harmony to your world. Make the most of therapeutic wellness treatments including massage, reflexology and acupuncture.

Whatever your mood or feeling, we are here to help you decompress and re-emerge fully recharged and reinvigorated.

spa@stghlhc.co.uk 01932 268979

SAVE THE DATE

SUNDAY

6 NOV Fireworks Extravaganza

SATURDAY

31 DEC New Years Eve Ball

CLUB CONTACT DETAILS

Reception **01932 843541**
reception@stghltc.co.uk

Spa **01932 268979**
spa@stghltc.co.uk

Juniors **01932 268960**
tessac@stghltc.co.uk

Racquets **01932 268956**
piershj@stghltc.co.uk

Gym **01932 268962**
gym@stghltc.co.uk

Enews & Website **01932 268971**
marketing@stghltc.co.uk

Events **01932 268970**
events@stghltc.co.uk

Lake Room **01932 268964**
gregoryb@stghltc.co.uk

Membership **01932 268978**
membership@stghltc.co.uk



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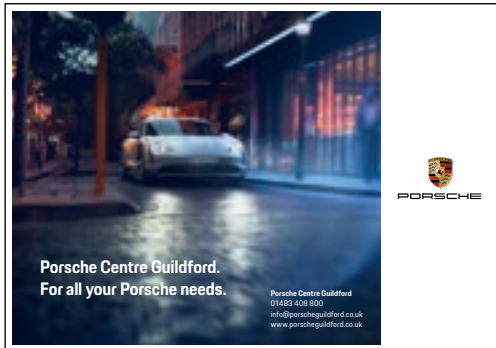
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Set at the end of our peaceful Lakeside Terrace, the perfect location of our Pavilions makes them the most idyllic place to spend time in.

Overlooking the lake, why not share the experience with your family and friends and celebrate that birthday or special anniversary?

Having a business meeting?

Why not pre-order some coffees, pastries or sandwich platters to have waiting for you and your guests?

To book a Pavilion or area on our Terrace, contact the Events Team:
events@stghltc.co.uk / **01932 268970**
£75 (to include a dedicated staff member) for a pavilion hire.



ST GEORGE'S HILL
LAWN TENNIS CLUB

St George's Hill Lawn Tennis Club,
Weybridge, Surrey, KT13 0LL

01932 268970 | events@stghltc.co.uk | www.stghltc.co.uk