

# GLASGOW DISABILITY TENNIS

**Come and join the fun!**

LTA licensed coaches with experience at working with people with disabilities  
All ages & abilities – equipment provided. Tennis Wheelchairs are available to borrow.

## Learning Disability

**Glasgow Club Gorbals – 275 Ballater Street, Glasgow, G5 0YP**

Tuesday 11.30am to 1.30pm – Adults – All abilities. Cost £3.00 per session  
(At Kelvingrove from April to September)

Thursday 4pm to 5pm – 8 to 12 year olds – All abilities. Cost £1.50 per session

Thursday 5pm to 7pm – 13+ years & Adults – All abilities. Cost £3.00 per session

**Glasgow Club Scotstoun – Danes Drive, Glasgow, G14 0HQ**

Friday 4pm to 5pm – 8 to 12 year olds – All abilities. Cost £1.50 per session

Friday 5pm to 7pm – 13+ years & Adults – Development Squad – Invitation only.  
Cost £3.00 per session

Learning disability tennis is played with no adaptation to the rules of tennis although coaching sessions and match play can be modified according to a player's ability to maximise enjoyment and success.

## Wheelchair

**Glasgow Club Scotstoun – Danes Drive, Glasgow, G14 0HQ**

Monday 7pm to 9pm – Juniors & Adults – All Abilities. Cost £5.00 per session

Tuesday 1pm to 3pm – Adults – All Abilities. Cost £5.00 per session

Wheelchair tennis integrates very easily with the non-disabled game since it can be played on any regular tennis court, with no modifications to rackets or balls. Wheelchair tennis players are allowed two bounces of the ball and therefore can play against other wheelchair tennis players, and alongside or against non-disabled friends and family.

For further information email [disabilitysport@glasgowlife.org.uk](mailto:disabilitysport@glasgowlife.org.uk)  
or phone 0141 2873642

# GLASGOW DISABILITY TENNIS



Glasgow Disability Tennis is part of Glasgow Disability Sport. We work in partnership with Glasgow Sport, Tennis Scotland and the Tennis Foundation to provide tennis opportunities for people with disabilities across Glasgow & surrounding areas.

## Our Aim

To increase the playing opportunities, enhance communities and social inclusion by providing tennis sessions, along pathways for all athletes to meet their full potential and their own individual goals.

## Our Objective

- Support community activity
- Extend access & participation
- encourage new skills
- promote physical activity, health & wellbeing
- develop social life skills
- improve confidence & self-esteem
- Increase aspirations & achievements

In a safe, fun & supportive environment where athletes feel welcome & valued & can meet new friends.