## 2025 Season now open!

### Join us for our first Adult Club Night of the Season this Sunday 30th March from 4pm



Courts spruced up with new fencing in place - ready for the new Season

### Adult Club Nights then continue every Sunday, Monday and Wednesday from 5:30pm until finish.

### Join our WhatsApp Group

Keep in touch with other members - see who is playing and when, or arrange your own sessions outside of Club Nights.

View Info guide for members.

MCTC WhatsApp Group

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## 2025/26 Membership Fees

### 1<sup>st</sup> April 2025 to 31<sup>st</sup> March 2026

- Adult renewal: £90
- Adult new member: £45
- Walking Tennis: £25
- Junior Tennis: £15
- Family: £120 (2 adults and upto 3 U18s)

Our online forms are quick and easy to complete and **must** be completed for insurance and safeguarding purposes.

Gate codes will be issued on receipt of payment.

### Adult



(Age 18 as at 01/04/25)

Family





U18 (Junior)

Scan or click the QR code to start your application

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## Coaching

**Michael** and his amazing coaching team deliver popular junior coaching sessions every Saturday morning as well as scheduled Adult coaching Sunday mornings.

View the timetable



We are planning an active Coaching Season this year

Courtesy of new coach Sam, we are hoping to offer



Cardio Tennis Tots Tennis Half Term Specials

Further details will be posted on our <u>Coaching webpage</u> when available



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# Play your way... Walking Tennis

Our extremely popular Play your Way sessions are held **every Tuesday 10:00am to 11:30am** 

All adults welcome!



Tell your friends and spread the word! First TWO sessions are FREE!

More information, rules and membership

### W A L K I N G T E N N I S



#### JOIN TODAY

"Such good fun again this morning!

Exercise, competition, and a laugh - what's not to love!"

First lesson FREE Just turn up Tuesday at 10am and ask for Helen

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We play in Division 2 of the **Banbury Tennis League**.

### If you enjoy competitive tennis we need you!

Playing in Division 2 means team tennis can be challenging but it's always played in good spirit.

Helen Harman is captain. If you are interested in playing for MCTC give her a call on 07795 196 306.

Visit Team Tennis webpage.



Our home matches are played on Thursday nights from 6:15pm

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### What you need to know

Our Club Policies can be found on our website

### middletoncheneytennisclub.com

and in the RED Folder in the Clubhouse.

Please take time to familiarise yourself with these policies.

### Health, Safety and Wellbeing

The health, safety and wellbeing of ALL members is of paramount concern.

Anyone with underlying medical conditions should consult with their GP to confirm that participating in Tennis sessions is appropriate for them. No-one should play, unless in good health on the day and compete at their own risk.

MCTC may not be liable for any injury, loss, damage, action, claim, cost or expenses which may arise in the consequence of your participation in this activity.

### Message from Chair, Helen Harman

We are looking forward to another successful season at Middleton Cheney Tennis Club and hope to see you all on court very soon.