

## St George's Hill Lawn Tennis Apps



### Club App '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.



### Junior App 'SGH Academy'

Book your junior's tennis, squash & swimming programme session with a click of the button.



### Fitness Classes App 'Technogym'

Book all fitness classes via the Technogym app.



### Club Account 'My Club Account'

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

Any queries or questions please contact [marketing@stghltc.co.uk](mailto:marketing@stghltc.co.uk)

## SOCIAL MEDIA

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

Instagram pages:  
@stghltc.tennis  
@stghltc.fitness  
@stghltc.spa  
@stghltc.squash

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



ST GEORGE'S HILL  
LAWN TENNIS CLUB



Join the Club's WhatsApp Group



General Club updates and news



Look inside for some of our fantastic events!

RACQUETS | FITNESS | SPA | JUNIORS | SOCIAL



SPA

**Fall into Fresh Skin**

Reveal your best skin this Autumn with a mini course of micro needling treatments. Reverse the effects of summer sun exposure and boost collagen production naturally.

Receive a 4th treatment free when you purchase a mini course of 3 treatments\*

\*Please note, you must have had or will require an initial treatment for £195 which includes complimentary skin scanning and two homecare products worth £98.

To book this Autumn October offer, contact the Spa today on 01932 268979 | [spa@stghlhc.co.uk](mailto:spa@stghlhc.co.uk)

ADULT  
TENNIS  
SOCIALSAT  
3**Club Tennis Ball**

We welcome all members and their guests to celebrate the 2026 tennis season at our Club Tennis Ball.

The evening includes a welcome drink, two-course meal and entertainment. £60 members | £65 non-members, bookable at Reception. The evening begins promptly at 7pm.

FITNESS  
WELLNESSFRI  
9**Yoga for beginners, a 6-week foundation course**

A perfect course for complete beginners and those who are returning to the mat after a break. This course introduces the core principles of yoga in a relaxed, supportive environment.

All sessions run from 1.30pm - 2.30pm in the Studio.

**October:** Friday 9th | Friday 16th | Friday 23rd | Friday 30th  
**November:** Friday 6th | Friday 13th

**Members £60 | Guests £70. Bookable at Reception.**

FITNESS

SAT  
10**Fun Fitness Morning, 9.00am – 12.30pm**

Kick-start your weekend with an energising Fun Fitness Morning exclusively for our members.

Challenge yourself with exhilarating outdoor bootcamp sessions, then restore and recharge with a selection of inspiring holistic classes. Whether you're looking to push your limits, improve your wellbeing, or simply enjoy a fun morning with fellow members, there's something for everyone. Bookings will open 7 days in advance via the Technogym app.

JUNIOR  
SAT  
10**St George's Junior Swimming Gala**

Join our Swimming Manager, Maria, our expert Swim Coaches, friendly Lifeguards and fellow members for this year's Club Junior Swimming Gala. Book at Reception.

JUNIOR

**JUNIOR HALF TERM ACTIVITIES****Junior Tennis Camps**

Week 1: Monday 19th – Friday 23rd

Week 2: Monday 26th – Friday 30th

Junior morning tennis camps aimed at all levels of tennis.

Tots: 9:00-10:00am

Red: 9:00-11:00am

Orange/Green/Yellow: 9:00am-12:00pm

Bookings via SGH Academy App

**Junior Squash Camps**

Week 1: Tuesday 20th & Thursday 22nd

Week 2: Tuesday 27th & Thursday 29th

Junior squash camps for juniors who can rally.

Sessions will run at 9.30am-3pm and are £40 per day.

Bookings via SGH Academy App.

**Junior Fitness Sessions**

Week 1: Monday 19th, Wednesday 21st & Friday 23rd

Week 2: Monday 26th, Wednesday 28th & Friday 30th

9.30am - Junior Fun Fitness (8-10yrs)

10am - Junior Circuits (11-15yrs)

Each session is 30-minutes long, located at the Outdoor Fitness Area.

All sessions are bookable a day in advance. Book via the Technogym app using a parent/guardian's account where necessary otherwise simply call Reception to book a place.

SOCIAL  
SAT  
24**Military Gala Evening**

We are delighted to invite members and their guests to an exceptional Military Gala Evening, supported by the Friendship Group. The evening will be graced by Henry Rice, a 100-year-old veteran and survivor of the Normandy Landings, alongside our distinguished guest speaker, Liz McConaghy, the longest-serving female crewmember on the Royal Air Force Chinook Fleet. Guests will enjoy performances by the Club Choir, together with an auction and raffle in support of Combat Stress, the UK's leading veterans' mental health charity. £60 per person Includes a welcome drink and a two-course dinner. Book at Reception.

JUNIOR  
MON  
31**Junior Halloween Party**

Join us for Halloween games, dancing, competitions and more spooky fun! The evening includes a chicken goujon, pasta & chips buffet dinner for our juniors. All ages are welcome and there will be prizes for the spookiest costume. Party - 5pm-7pm. Junior members £16 | guests £18. Parents/guardians are welcome to dine in the Lake Room restaurant during the party.

**SAVE THE DATE**

Sunday 8th November  
**Harry Potter themed  
Fireworks Extravaganza**

Saturday 28th November  
**St George's Hill LTC's  
Christmas Fair**



**Meadows&Co**

**CLUB CONTACT DETAILS**

|                 |              |                                                                        |
|-----------------|--------------|------------------------------------------------------------------------|
| Reception       | 01932 843541 | <a href="mailto:reception@stghlhc.co.uk">reception@stghlhc.co.uk</a>   |
| Fitness         | 01932 268962 | <a href="mailto:gym@stghlhc.co.uk">gym@stghlhc.co.uk</a>               |
| Tennis          | 01932 268956 | <a href="mailto:tennis@stghlhc.co.uk">tennis@stghlhc.co.uk</a>         |
| Squash          | 07809 155120 | <a href="mailto:milesj@stghlhc.co.uk">milesj@stghlhc.co.uk</a>         |
| Swimming        | 07871 735070 | <a href="mailto:mariak@stghlhc.co.uk">mariak@stghlhc.co.uk</a>         |
| Events          | 01932 268970 | <a href="mailto:events@stghlhc.co.uk">events@stghlhc.co.uk</a>         |
| Enews & Website | 01932 268971 | <a href="mailto:marketing@stghlhc.co.uk">marketing@stghlhc.co.uk</a>   |
| Membership      | 01932 268978 | <a href="mailto:membership@stghlhc.co.uk">membership@stghlhc.co.uk</a> |
| Spa             | 01932 268979 | <a href="mailto:spa@stghlhc.co.uk">spa@stghlhc.co.uk</a>               |
| Lake Room       | 01932 268964 |                                                                        |