



GOLF



SQUASH



THE SPORTS SHOP



TENNIS



CROQUET

1. CHRISTMAS SHOPPING – get ready for Christmas with us
2. GIFT IDEAS – Roehampton Club crested gifts
3. GIFT IDEAS – gifts for the golfer
4. GIFT IDEAS – gifts for the racket's player
5. GIFT IDEAS – Theragun – the ultimate recovery device for all sport players
6. GOLF LESSON AND SHOP VOUCHERS – a great gift for all
7. HIT WITH TILLY – book your on-court practice with Tilly now

Christmas shopping in the Sports Shop

The Sports Shop is beginning to feel more Christmassy, and it has been great to help Members with their Christmas shopping in recent weeks. The team are on hand to seven days a week to make Christmas shopping easier with a wide selection of products across multi sports. Don't forget you can use your Sport Shop Credit to purchase anything from the shop including golf lessons.

It is this time of year that you will get lots of emails with offers from all the internet-based sports companies, your continued support is vital to the Sports Shop, and we will endeavour to match any online price with our Price Match Promise. Do not forget we have a wider selection of sporting goods and some fantastic offers on our online store. You can view the items on our online store, use our click and collect service or visit us in the Sports Shop to try on your favourite pieces.

[Click here for our online Sports Shop powered by ForeFront Golf](#)

Christmas Gift Ideas

We want to take the stress out of Christmas shopping for you this year so have listed some ideas below that are available to purchase now in the Sports Shop. Some of the best presents you can buy for Roehampton Club Members are items with the Club logo and we recently received a new delivery containing new branded items while we have listed some of our favourite gift ideas below:

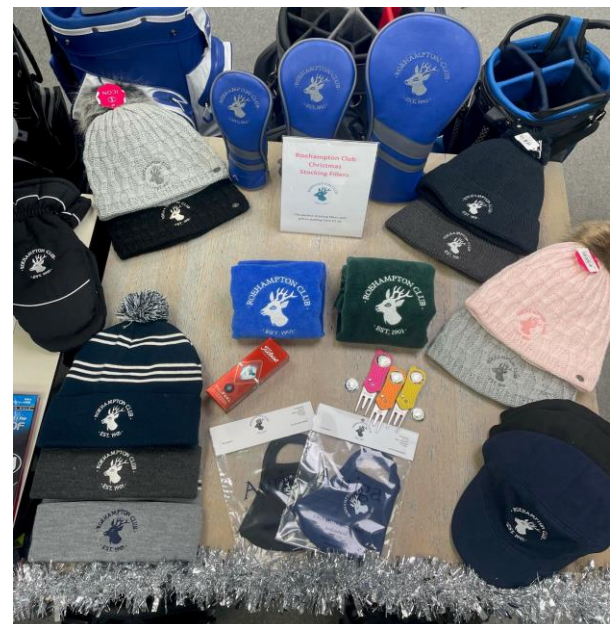
For the Roehampton Club Member – all with the Club Logo

Facemasks - £6.95

Pitchfork and Marker Set - £11.95

Winter Hats - From £14.95

Logo Towels - £19.95



Winter Mitts – £29.95
Leather Headcovers from £29.95
Logo Titleist Golf Balls from £23 per dozen
Logo Umbrellas - £34.95
Men's Shirts from £69.95
Ladies Jumpers from £79.95
Men's Sweaters from £89.95
Waterproof Golf Bags - £179.95

Golf Specific Gifts

2 x Footjoy All Weather Gloves for £20
Winter Golf Gloves - £20
2 x Footjoy Leather Gloves from £32
Titleist ProV1 and Taylormade TP5 – 1 dozen - £45
Lightweight Winter Carry Bags from £79
Bushnell Phantom GPS Device - £139.95
Bushnell Golf GPS Watch - £169.95
Motocaddy Push Golf Trolley - £189.95
Kjus Waterproof Jackets for Men and Ladies - £269.95
Bushnell Tour V5 - £299.95
Motocaddy M1 Electric Golf Trolley - £599.95

Rackets Specific Gifts

Get A Grip (Funky grip designs) £4
Lacoste 100% Woolly Hat - £35
Ladies Adidas Prime-Green Zip Hoodies (Light blue or Black) - £60
Adidas Ladies Down Gilet (perfect for tennis in wintry weather) - £75
Adidas Mens Down Gilet with Hood (also perfect for tennis in wintry weather) - £90
Novak Djokovic Lacoste Lightweight Zip Jacket (Bottle green, royal blue or red) - £180
Mens Lacoste Sweatpants (Grey or Navy) - £75
Adidas Padel/Multiuse Backpack (Red/Black or White/Blue) - £50
Children's Dropshot Padel (8- years) - £49.99
Dropshot Conqueror Junior Padel - £59.99
Adidas RX30 Padel - £109.99
Adidas Green Padel (made from 100% sustainable materials) - £190

Theragun – Percussive Therapy Devices

Developed by chiropractor Dr Jason Wersland after he experienced deep tissue pain following a motorcycle accident, the Theragun started life as a DIY power tool that Wersland fashioned to help aid his pain relief by delivering vibrations to the deep tissue. It is now the world's leading percussive therapy instrument and is a great tool for anybody suffering from any type of muscle issue or anybody who simply wants to spend a little more time on their well-being and self-care. It is used by thousands of professional athletes now including Colin Morikawa and Cristiano Ronaldo - it would be a fantastic gift for any sports player!

Theragun Prime Features:

- ❖ QuietForce Technology with 5 built-in speeds (1750, 1900, 2100, 2200, 2400 PPM (percussions per minute)
- ❖ Therabody App for recommended programmes
- ❖ Protective Carrying Pouch / 4 Attachments / Power Adapter
- ❖ Price - £275



Theragun Mini Features:

- ❖ Small and Portable
- ❖ QuietForce Technology
- ❖ 3 Scientifically Calibrated Speeds (1750, 2100, 2400ppm)
- ❖ Protective Soft Case/ Standard Ball Attachment / Power Adapter
- ❖ Price - £175



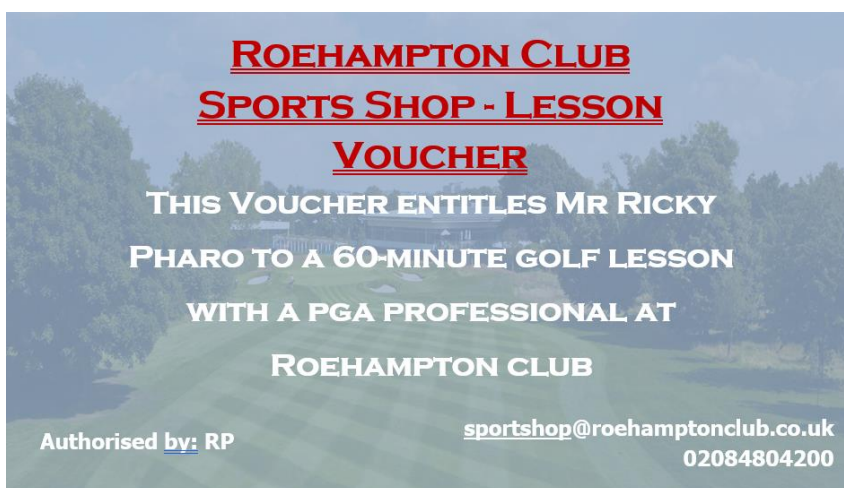
Click here to learn more about the Theragun products:

[Theragun Massage Gun Devices | Therabody.com - Therabody](https://www.therabody.com)

Golf Lesson and Shop Vouchers

One of our most popular gifts are Golf Lessons – every golfer wants to be better at the game we love! Lessons start from just £35 and can be brought with any of our qualified PGA Professionals which are to be used in 12 months. Please find below details of what you can purchase, and all lessons can include the use of the latest Trackman 4 Technology in our fantastic performance studio:

- ❖ 30-minute lesson - £35 - This would present the opportunity to work on one specific aspect of the game.
- ❖ 60-minute lesson - £70 - This would present the opportunity to work on one specific aspect in more detail or two aspects of the game.
- ❖ 90-minute lesson - £105 - This would be a 6-hole playing lesson with a PGA Professional.
- ❖ 6 x 30-minute lessons - £189 - This is a fantastic option to work on several different aspects of the game and can also include playing on the golf course with a PGA Professional.
- ❖ 6 x 1-hour lesson - £378 – This is the ultimate package! A PGA professional will devise a programme tailored to your goals and aspirations. This will cover all aspects of the game and include time on the golf course – the fast track to a better golf game.



Gift Vouchers are also a fantastic gift for those that may prove trickier to buy for! We start our Sport Shop Vouchers from just £20 and these can be spent on anything in the Sports Shop – we produce you with a nice voucher that can be presented on Christmas Day.

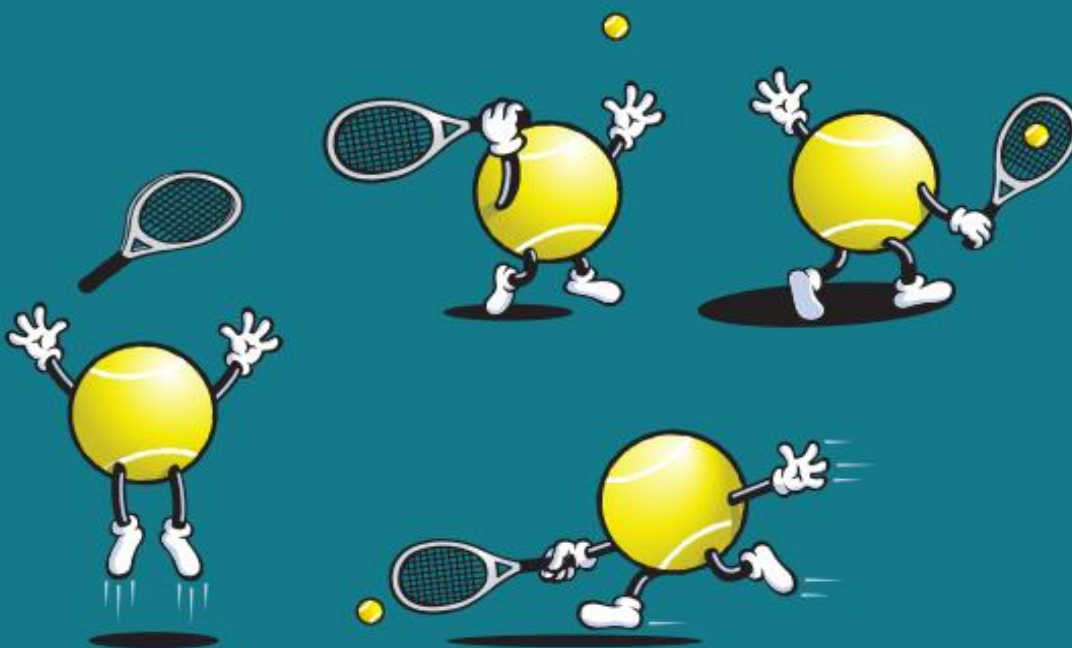
Please note these can be purchased over the phone or online – please contact 020 8876 3858 or email ricky.pharo@roehamptonclub.co.uk for more details and we will arrange this for you.

Hitting Service with Tilly

Tilly is now offering a hitting service available for members. If you would like to practice what you are being taught in your lessons, or just want to get some exercise, you can book an hour's hitting session with Tilly via the online booking site with the link and QR code below.

<https://roehamptonclubracquets.as.me/>

Hitting Service with Tilly Da Cunha



Scan the QR code to sign up, or login to the Members' website and visit the Racquets Coaching booking platform. For more information speak to Tilly in the Sports Shop or email her at tilly@roehamptonclub.co.uk

£25 an hour
Outdoor courts only
Members should provide tennis balls for the hitting session

 @RoehamptonClub1  /RoehamptonClub  @RoehamptonClub

