

FREE TENNIS FOR MUM'S THIS JANUARY/ FEBRUARY 2012



Limpsfield Lawn Tennis club is offering **FREE sessions for mums.**

Tennis is a game for life. It requires agility, speed and endurance, so it's a brilliant way to keep fit while developing motor and coordination skills, and it's FUN!

Coaches, Richard Enderby and Sally Taylor, are offering four 'FREE taster' sessions this month. On Tuesdays, 31st January and 7th February and on Wednesdays, 1st and 8th February. 09:00 until 10:30.

This is an ideal opportunity for beginners to TRY their hand at tennis, or for intermediates to IMPROVE their game, with two of the districts most accomplished and popular coaches.

Simply arrive at the tennis club dressed ready for play. We have plenty of tennis rackets, so there is no excuse! Just come along and have some fun and yes coffee is available after!

RSVP to Naomi on 07931 778541

Or via email: naomi.danby@googlemail.com

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