



**Anyone for
Walking
Tennis?**



WALKING TENNIS

Is this you?

Are you a bit rusty at tennis, want to play tennis at a gentler pace, never picked up a racket or need a different pace due to health issues or injury that would benefit from moving around more?

What is Walking Tennis?

Walking tennis is played on a full court with slower orange balls. The emphasis is on fun and camaraderie. Balls can bounce twice on court, strictly no running or jumping. You don't have to play matches or own your own racket. Support is available if it is needed. Come along!

Starts WEDNESDAY 1st May 2.00-3.00pm

Chat and coffee from 3.00-3.30pm

The first 8 sessions are FREE. Sessions are open to non-members.

To get involved contact Jane Cartledge on 07718267878 or

by email chairman@goring-tennis.co.uk

A new initiative at GTC funded by District Council and LTA supported by Goring Tennis Club and run by an LTA accredited coach from Oxfordshire Tennis.