



**We are having two open days
21st May 2016 and 16th July 2016
- the second date being part of the
Great British Tennis weekend.**

They will be fun days for all the family so come along and join our coaches, learn new skills, meet our players.

There will be **membership discounts** for new members joining on the day.

On each day the coaches will be running the following sessions:

- **disability sessions** - modified forms of tennis to meet all needs;
- **mini tennis** for 3-10 year olds, **junior sessions** and **adult coaching**.

In addition there will be **Cardio Tennis** sessions - sociable group fitness.

You can borrow a racket if you don't have one and turn up and play social tennis too if you don't feel like joining a session.

The days will run from **11.30-4.30pm**, there will be refreshments available and all the details are on our website . . . you can just come along on the day or if you want to join a particular session we would recommend you book via the website as places are limited.

www.parktennis.co.uk

Park Tennis Club, Tattershall Drive, The Park, Nottingham NG7 1BX