



BUCKLANDS BEACH TENNIS CLUB

Jern Place, Rogers Park telephone 535-4897
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LADIES BEGINNER/REFRESHER COURSE

Commencing Friday 7th May

Duration: 4 weeks

Time: 9am - 10:30am

Cost; \$100

Come along and join us for some fun exercise and learn the basics of the game of tennis. We cover technique and strategy as well as doing some cardio exercise.

IT REALLY IS GREAT FUN SO BRING A FRIEND AND COME ALONG.

EMAIL; jual@xtra.co.nz to confirm attendance
Fit4tennis Classes (cardio tennis)

Monday 6:30 pm to 7:30 pm
If you can hit a ball come and join us in
getting fit over winter.
Classes have started but contact Julia for
reduced rate if you want to join now.