



**Belfast
City Council**

Seniors Tennis

Belfast Indoor Tennis Arena.

Fridays

12.30 - 2pm



Aside from being a fun sport to play, tennis is a great sport for burning fat, improving your cardiovascular fitness and maintaining higher energy levels.

We are introducing a new exciting class for both senior males and females over 50. It is very social and the class is for players of all abilities. If you've never played tennis before the class is a great way to be introduced to the sport. The class is structured as follows :

- *Warm up*
- *Tennis drills – Drills work on movement and fitness which helps improve a person's physical condition.*
- *Technical coaching – Even the tennis greats such as Nadal and Murray got coached at some stage! This part of the lesson involves technical coaching of the shots that are needed to play the game.*
- *Points and matches – The final part of the lesson focuses on how to win points and games against opponents.*

Over 50's class starting up on Friday 28th February running from 12.30 to 2pm. Great value only £3.20 per class (Max: 8 participants), First come, First served.

For further details contact us on 02890458024.