**Back into Tennis**

Have you wanted to get back into tennis?

Do you want or need to get fitter again?

Are you looking for a new challenge / game to play?

Do you want to improve your tennis?

Would you like to do an activity with friends and make new ones?

Would you like a free tennis event?

If you answered yes to any of these questions then this program is for you!!

**The Program:**

* 4 x cardio sessions for one hour - $20 per session
* Thursdays 9.30-10.30am
* 5th week will be free and will include a tennis event – Cardio Tennis and game play (1.5 hrs) followed by food/drink

**What we need from you!**

* Commitment for the five weeks
* Introduce a friend to the program – their first session is free
* Look at taking up the game ongoing – keep the cardio going and play / set up a social tennis group!

**Are you in?!**

* Contact East Camberwell Tennis Club’s fantastic coach - David Close 0425 878 337 or on [divadc2003@yahoo.com](mailto:divadc2003@yahoo.com)