



TENNIS

ANY

ABILITY

Inclusive Wheelchair Tennis sessions

Our tennis session is open to anyone with a physical impairment who wants to learn new skills, get active and have fun! Tennis is a great way to improve physical and mental health and wellbeing and can be adapted to suit everyone. Courts, rackets and balls and can be adapted for all abilities.

For those who want or need to use a sports wheelchair we can provide this equipment to use during sessions. If you have any questions or would like more information please don't hesitate to give us a call.

Location: East Anglia Tennis & Squash club, Lime Tree Road Norwich NR2 2NQ

Sundays: 7 & 28 Jan, 18 Feb, 11 & 25 Mar, 22 Apr, 13 May, 3 & 24 June, 15 July

Times: 12 – 1.30pm. **Cost:** Cost £20 for 5 sessions or £5 on the day

To book call coach Derek Perry 07966 455012.