

Well you **WOULD** cope – and not only that, you will enjoy it. You will come away from each session **feeling really good!**

“It sounds like hard work!” – Yes, of course there is healthy outdoor exercise, but absolutely within your own limits

“I’m over-weight!” – All the more reason to join!

“Getting to the Club on Gonerby Rd would be difficult for me” – We will arrange transport for you!

“I’ve never been good at ball skills” – We have secret ways of helping you get better!

“I get nervous in front of other people!” – There’s no “standing in front of the class” like you did at school!

“What about if I get tired?” – Well you stop and have a bit of a rest!

“I might make a fool of myself” – No you won’t .. we’re all in this together

“I might not know anyone else there” – So come with a friend. In any case you’ll get to know everyone else within half an hour!

“Tennis is too posh for me!” – Come on, do we sound posh?

“There are other things I should be getting on with” – What, other things more important than helping you to stay fit and well for the future?

So if you are reading this leaflet, **these Thursday morning sessions are definitely for you!** Turn over...

“I MIGHT JUST GIVE THIS A GO! WHAT NOW?”

- If you want to have a bit more of a chat about this “Active at 60” tennis course with someone from the Tennis Club, then ring either Elaine Maplethorpe on 07879 662965 or Paul Kennedy on 07976 438502
- If you would like to try it out first – without any obligation - just turn up at the Club at 10 a.m. on either Thursday 5th or 12th May. We are at Arnoldfield on Gonerby Rd - near the railway bridge
- If you would like to talk about the transport arrangements for either the trial sessions (5th or 12th May) or for the 6 week course itself starting 19th May, please ring Dale Wright on 01476 405023
- If you are really keen and would definitely like to reserve a place for the series of 6 Thursdays starting 19th May, then ring Dale Wright as above
- If you have a serious medical condition, you are advised to discuss things first with your GP



“LOOKING FORWARD TO HEARING FROM YOU
– AND TO SEEING YOU DOWN AT THE CLUB
FOR THESE **ACTIVE at 60** SESSIONS!”

active at 60

YOU CAN TRY TENNIS FOR FREE!!

(even including transport!)

TENNIS? ME? 60+?

Why not?

“Too old?” “Not fit enough?” “Too difficult?” “Racket too heavy?”

...THINK AGAIN!



Dennis Hernaman from Manthorpe will be 93 years young next birthday. Yes, 93!! He plays tennis (gently!) most weeks and also enjoys the social side of things at Grantham Tennis Club on Gonerby Rd. All of us in this photo with Dennis are 60+ and **we are making you a very special offer to help you stay as fit, healthy and young as you can be!** Please see inside ..



Dennis (92) and friends (all 60+!)

“Coming down to the Tennis Club in the mornings is something I look forward to – not just the tennis but having a chat with people of all ages and backgrounds. I have a gentle game for 20 minutes, then a rest, have a cup of tea with the others, a chat, a laugh, putting the world to rights sometimes. Then if I feel like it, back for another short game. The nice thing about our Club is that there is something for everyone, including complete beginners. We usually play doubles games – it’s always light-hearted and you mix the tennis with plenty of quite a bit of banter .. I rather enjoy playing with beginners because I enjoy encouraging them – and it makes me look good, even at my age!

I do know that playing regularly down at the Club in the fresh air has helped greatly to keep me fit and young. Come and give it try .. you just can’t beat it! I can guarantee you will get a warm welcome and every help and support you need to enjoy learning tennis.”



active at 60

Here at Grantham Tennis Club we are always finding ways of involving the local community and we wanted to put on something special for people aged 60+ who have never played tennis – or who played so long ago they have forgotten!

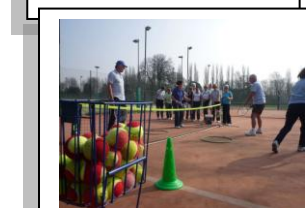
So this is what we have come up with, thanks to funding from the Lincolnshire Community Foundation

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- Tennis skills just for people who thought they couldn’t!
- A gentle, fun approach using light rackets
- And, to start with, sponge balls!
- Carefully paced exercise – with plenty of breaks!
- No special gear needed (just trainers or tennis shoes)
- Support and encouragement all the way
- No embarrassment factor – guaranteed!
- Led by our experienced Club coaches (who are used to beginners!)
- Practising alongside volunteer Club members old and young
- Healthy refreshments provided
- A series of 6 Thursday mornings from 10 until 12 starting 19th May
- A chance to try it out first – 5th or 12th May
- IT’S COMPLETELY FREE!
- Including TRANSPORT TO AND FROM HOME if you need it!

It really is too good for you to miss!

To give you an idea of the sorts of skills and activities you will be trying out...



Warming up, balance, getting your feet in position, watching the ball, setting yourself up for a shot, moving on court ..

But all very gentle, especially to begin with, lots of warmth and encouragement, no pressure, learning from each other – and above all having fun!

You still feel you wouldn’t cope? Then turn over...