

FREE BEGINNERS' TENNIS for 60+!

(even including transport to and from home if you need it!)



Look at this! Dennis Hernaman from Manthorpe is 92 and coming down to the Tennis Club on Gonerby Rd Grantham, **playing tennis** (gently) and **joining in the fun** has kept him **fit and young**. The rest of us in these photos are **all 60+** and we would like you to come along in May to join us for some **special beginners' fun tennis sessions** – DESIGNED FOR PEOPLE COMING UP TO 60 OR AGE 60+ AND WHO THOUGHT THEY COULDN'T LEARN TO PLAY A BIT OF TENNIS!..

- Thursday mornings for 6 weeks starting 10 a.m. on 19 May – completely free of charge!
- At Grantham Tennis Club on Gonerby Rd
- Everything provided including lightweight rackets and sponge tennis balls!
- Fun activities within everyone's reach
- Just bring a pair of trainers and come in any light clothing
- Organised by the Club Coaches who are very used to beginners!
- No stress or pressure – enjoyment for all!
- Don't worry if you're not in wonderful shape!
- Have a rest as and when you need to
- Refreshments provided
- Transport to and from home if you need it!
- Scheme funded by the Lincolnshire Community Foundation
- Why not join us for one of the "give it a try" sessions on 5 May or 12 May 10 a.m.?
- Phone Elaine (07879 662965), Paul (07976 438502) or Dale (01476 405023) for more details or just for a chat! Looking forward to hearing from you ..