



TENNIS

ANY ABILITY

Wheelchair Tennis

Our Wheelchair Tennis sessions are open to anyone with a physical impairment who would like 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, wheelchairs and balls can be adapted for all abilities.

We have a limited number of Tennis-specific wheelchairs and rackets available so booking is essential; all other equipment will be provided during the sessions. If you have any questions or would like more information please do not hesitate to give the coach a call or email using the details below.

Location: IPSWICH SPORTS CLUB
Date: Sundays (dates as advertised)
Time: 2.00pm-4.00pm
Cost: £5.00 per person per session

How to book: Contact **Steve Joint** to book or for further details on stevejointtennis@outlook.com or call **07919 380330**

Ipswich
SPORTS CLUB

**1st session
FREE**



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Wheelchair Tennis – session dates:

4 and 25 February 2018
11, 18 and 25 March 2018
8, 15 and 22 April 2018
13 and 20 May 2018
10 and 24 June 2018
1 and 15 July 2018
2 and 23 September 2018