



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 June 2017
9 and 23 July 2017
6 and 20 August 2017
3 and 17 September 2017
1 and 15 October 2017
5 and 26 November 2017
3 and 17* December 2017

(*NB: 17 December session starts at 2.30pm)