



Want to try tennis for the first time... or just dust off your racket and get back into it? Come and try TennisXpress

ADULT BEGINNER & IMPROVER CLASSES

First try out 1 hour session £6

Further sessions in blocks

Rackets can be supplied

Tennis Xpress is a beginner/improver adult coaching course for players who want to learn the basics of the sport.

The course is run in blocks and you are welcome to join in anytime. Tennis Xpress is centred on the use of modified equipment such as slower bouncing balls to ensure that players quickly learn the game - being able to serve, rally and score.

Gidea Park

LAWN TENNIS CLUB LTD

For further information please contact
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