

# **COME AND JOIN THE FUN**

at

## **WEST BRIDGFORD TENNIS CLUB**

**Number 1 tennis club in the East Midlands for people with a disability**

**Access Tennis coaching sessions**  
on  
**Saturday evenings from 7-30 to 9-00pm**  
on our award winning indoor courts



**We have been running our successful Access Tennis Programme since 2002. The programme develops basic tennis skills and improves fitness levels, alongside building a players self-esteem, independence and social life skills. Many who attend compete in Special Olympics events and are excellent role models for the sport**

**Dates for the spring term**

**Jan 14, 28;**

**Feb 11, 25;**

**Mar 10, 24;**

**Cost 5-00 per session**

**All ages welcome**

**Equipment provided**

**For the parent/carers we have a comfy, warm lounge where you can view the players on court or enjoy our TV, bar and catering facilities**

**For more information contact**

**Lesley Whitehead, Disability Tennis Coordinator on 0115 9811699**

**We look forward to seeing you**

**West Bridgford Tennis Club, Little Bounds, Off Wilford Lane, West  
Bridgford, Nottingham, NG2 7QA.**

**email – [lesley@west-bridgford-tennis-club.co.uk](mailto:lesley@west-bridgford-tennis-club.co.uk)**