



"Tennis"

FREE Sessions for adults and young people with learning disabilities in partnership with Sportworks



We run **FREE** weekly tennis sessions geared towards all people with learning disabilities. All abilities are extremely welcome and our coach will combine tennis-based ball and racket skills with fitness and fun



When: Every Wednesday

Time: 11:00am to 12:00pm

Where: Islington Tennis Centre and Gym, Market Road, N7 9PL



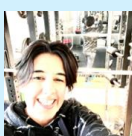
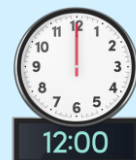
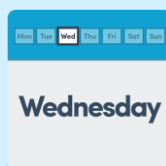
What do I need?

Trainers, loose clothing, and water.



What do we need from you?

Just let us know if you are coming and to spread the word amongst friends



To find out more speak to Nikki

07841 033248



Nikki.chivers@elfrida.com

