

Standing Sitting Tennis

for fun, activity and chatter



Every Tuesday at 3pm

Free sessions for 6 weeks starting from 11 September

Standing Sitting Tennis is a fun, interactive and sociable activity session suitable for older players

Each session is 45 mins of activity and 15 mins for chat

Please reserve your place by phoning 405632

**William Venton Centre, 8 Memory Lane, Plymstock, Plymouth, PL9 9GH,
Tel: 01752 405632**

Email: enquiries@ageukplymouth.org.uk www.ageukplymouth.org.uk