



# ADULT TENNIS LESSONS MAY-AUGUST 2018

## Come join the fun!

Tennis is a great way to keep your body fit and your mind sharp. It improves balance and body coordination and improves speed, strength and flexibility. A Group of Adults will learn specific skills such as forehand groundstroke, backhand groundstroke, volley, serve, and overhead smash! Continuous drills and games will keep you moving, and motivated to play the game.

## Tennis Program Dates and Times:

Wednesday Evenings from 7:00pm-8:00pm

May Session #1: May 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

June Session #2: June 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>

July Session #3: July 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

August Session #4: Aug. 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>

Cost \$50.00 plus HST for each 4 week session.

\* Rain days will be re-scheduled for the following Friday Evening from 7:00pm-8:00pm.

**Tennis is a sport that  
can be played for a  
lifetime!**

**Meet Kristi your tennis  
Coach:  
[http://sarniainmotion.  
ca/our-team](http://sarniainmotion.ca/our-team)**

**Classes are designed  
for adults from  
beginner to advanced**

**Program Location:  
Kenwick Park,  
Bright's Grove**



**IN MOTION**

**HEALTH-WELLNESS-FITNESS**

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