

Get a grip of tennis with
VALE TENNIS ACADEMY



PARKS
PARCIAU

Play Tennis at Penarth Leisure Centre

Join in with our exciting NEW Family Tennis sessions in Penarth Leisure Centre.

- Only 'little' Girls Allowed! (4-8yr olds), Fridays 4-5pm
- Cardio Tennis (teens & adults), Fridays 5-6pm
- Mini Tennis Coaching (4-9yr olds), Saturdays 1-2pm
- touchtennis (10yr olds+), Saturdays 2-3pm

Free Tasters 30/31 October.

Weekly Programme starts 6/7 November

Only £4 per session/£18 per 6 week block.

Book your sessions in advance online -
www.valetennisacademy.co.uk/parks



Tennis in The Parks



PARKS
PARCIAU

Penarth Leisure Centre Tennis Programme

All our sessions take place indoors in the sports-hall using lowered badminton nets smaller racquets and sponge balls.

Only 'Little' Girls Allowed! Every Friday 4-5pm

An introduction to tennis in a fun and social environment. Sessions include learning to rally, serve and score in a series of games and exercises just for Girls! Suitable for girls aged 4-8 .

Cardio Tennis! Every Friday 5-6pm

Bounce to the Beat & burn over 600kcal per hour! Get fit the fun way with this exciting group cardio workout. Cardio Tennis is a fun and sociable tennis-based group fitness class to music. Suitable for teenagers to adults.

Mini Tennis Coaching—Every Saturday 1-2pm

Welcome to the world of Mini Tennis with Vale Tennis Academy! These sessions are aimed at 4-9yr olds who are new to or just starting out in the game of tennis. Learn to Serve, Rally & Score so that you can play with friends and family!

Touchtennis—Every Saturday 2-3pm

touchtennis is taking the world by storm! Played using a small court and a faster moving sponge ball touchtennis and be enjoyed by just about any ability & is highly addictive! Our touchtennis sessions include games, skills & a fun match play league. Suitable for any juniors that can hold a rally in a small court.

Session fees – £4 per session or £18 when paying for the 6 week block.

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