

We are inviting all **Women** and **Girls** to come and try out tennis sessions at your local venue for **FREE!!**

Diamond Tennis Academy, Cardiff

Girls free session– Friday 28th June & Friday 5th July – 6-6.55pm
at Cardiff Medics Sports and Social Centre

Women's free session – Thursday 27th June and Thursday 4th July – 8-8.55pm
at Fitzalan High School

Contact details: 029 2068 9382 or info@diamondtennisacademy.co.uk
www.diamondtennisacademy.co.uk

David Lloyd, Cardiff

Thursday 27th June 11-1pm Ladies
Sunday 30th June 12-1pm Girls 6-9yrs
Sunday 30th June 1-2pm Girls 10yrs+
Sunday 30th June 2-3pm Ladies

Sign up at reception 02920 460046.
For any further information please contact Katherine Maddock-Lyon.

Rhos-on-Sea Lawn Tennis Club

Allanson Road, Rhos-on-Sea

Thursday 27th June - 6pm to 8pm
Monday 1st July - 6pm to 8pm

Club Contact - Georgia Lansdowne
Tel - 07921 819836
email - g.lansdowne@gmail.com

Llantrisant Tennis Club

FREE! Touch Tennis sessions at
Southgate Park, Llantrisant
Behind the Leisure Centre and opposite The Penny Farthing pub.
13th July from 2pm-5pm
www.llantrisanttennisclub.co.uk

Cowbridge Lawn Tennis Club

Friday 29th June & Friday 5th July 5:30pm - Girls Cardio Tennis & Tennis Xpress Taster

6:30pm - Ladies Cardio & Tennis & Tennis Xpress Taster

Check out our coaching programmes and competition schedule on our website.

Book online/info: www.valetennisacademy.co.uk or call **07909 987359**

Flintshire Tennis

Free ladies tennis coaching 6.30 -8pm on Monday the 24th June & 1st July at Mold Tennis Club

Free Cardio Tennis 6-7pm on Thursday the 27th June & 4th July at Mold Tennis Club

Free Secondary School Cardio Tennis 5-6pm on Wednesday 26th June & 3rd July at Mold Tennis Club

Free U12girls tennis 6.30-7.30pm on Thursday the 27th June & 4th July at the Mold Sports Centre

Free girls tennis 12 and over 7.30-8.30pm on Thursday 27th June & 4th July at The Mold Sports Centre

Free girls tennis from 1-2pm and 3-4pm on Saturday 29th June at Holywell Leisure Centre

Free Ladies tennis from 2-3pm on Saturday 29th June at Holywell Leisure Centre.

Free Girls tennis from 10-11am for U10s and 11-12pm for over 10yrs, and also women 12-1pm on Saturday 29th June at Buckley leisure centre.

For more information contact Vicki Broadbent on **07732497048**

Mackintosh Tennis Club, Cardiff

Adults Cardio Tennis - Monday 24th June 7-8pm

Ladies Coaching Friday 28th June 5-6pm

Only Girls Aloud 10&under Friday 28th June 6-7pm

Only Girls Aloud 11yrs+ Friday 28th June 7-8pm

Adults Cardio Tennis Monday 1st July 7-8pm

Ladies Coaching Friday 5th July 5-6pm

Only Girls Aloud 10&under Friday 5th July 6-7pm

Only Girls Aloud 11yrs+ Friday 5th July 7-8pm

Contact Rhys Morgan for more details; **07929264165**

Newtown Tennis Club

Pool Road
(Opposite Morrisons)
Saturday 6th July - 11.00 to 13.00
Sunday 7th July - 11.00 to 13.00

Be inspired - Come and try tennis with us
All abilities and all ages welcome.

We will help you have fun and get fit playing tennis

St Fagans Tennis Club

Come and join us at Poplar Park,
Fairwater
Monday 24th June & Tuesday 25th June
(2 hr sessions)
Coach: Ross Adams 07912297306
EMail: coach@stfaganstennisclub.co.uk

Crickhowell Tennis Club

At Crickhowell Tennis Club
Sunday 7th July
10am to 5pm
No equipment needed
LTA Club Coach on hand to give help and advice
All welcome just turn up and have a go!
Contact Chris Hill for more information; **07713152658**