Anyone for tennis? Open events at Craiglockhart this week

Craiglockhart Leisure & Tennis Centre is hosting lots of different coached tennis activities this week on their all-weather outdoor courts. These are for all ability levels and you can try as many as you like for free.

The following events are being held on:

Wednesday 27 February 2019 (18:30 – 20:30) – This adults' tennis open evening has lots of fun activities whether you've just picked up a racket or you're an ace on the court.

Saturday 2 March 2019 (14:00 – 16:00) – An afternoon of fun tennis activities on the all-weather outdoor courts. There are activities throughout the afternoon for all ages and abilities.

The open events have lots of different activities to try whether it is working up a sweat or working on your technique. They also have some special sessions running from their regular programme that you can try out including:

• Cardio Tennis – A high energy tennis and fitness class suitable for adults.

• She Rallies — This one is for the girls! Girls aged 8-14 with experience in tennis can take part in a fun competition in teams. We also have sessions on for female coaches or volunteers to learn some new skills.

• Tots Tennis – A series of fun tennis activities for little

ones aged 2-4 to try out some tennis and coordination skills.

To see the full programme of activities for the events and for more information <u>Click here</u>

