

PHYSICAL EDUCATION PROGRAMME

with Waterford Warriors
at St. Anne's Tennis Club



'Children must develop athletically before they develop as tennis players'. usta

Description:

- A fun physical education programme for kids aged 7+. All levels welcome
- Develop the physical competencies essential for the game of tennis.
- Start on the 11th or 13th Sept at 5pm
- Cost €20 for 1 session a week for 7wks
- To register contact: Debbie at 051 874350 or debbie@stannestennis.com

Programme delivered by Gary Walsh, Personal Trainer,
Waterford Warriors (and the Waterford Hurling Team)

TENNIS PROGRAMME FOR KIDS

at St. Anne's Tennis Club



Description:

- A fun tennis programme for kids **aged 5 and 6**.
- Introducing tennis in a lively environment where kids can have fun, make friends, and build skills
- Start w/c 11th Sept
- **Cost:** €20 (Members) or €25 (non-members) for 1 session a week for 7wks (with option of 2 sessions)
- To register contact: Debbie at 051 874350 or debbie@stannestennis.com

Delivered by Coaches Emma Maguire and Patrick McGrath
Non-Members Welcome

FIT FOR TENNIS PROGRAMME

with Waterford Warriors
at St. Anne's Tennis Club



Description:

- A fun fitness programme for Adults
- Push yourself - develop your fitness, court movement, speed and agility
- Start on 11th or 13th Sept at 6pm
- Cost €35 for 1 session a week for 4 weeks, or €10 per session pay as you go.
- To register contact: Debbie at 051 874350 or debbie@stannestennis.com

Programme delivered by Gary Walsh, Personal Trainer, Waterford Warriors (Physical Trainer of the Waterford Hurling Team)

HATHA YOGA PROGRAMME

with Aoife Burke
at St. Anne's Tennis Club



Description:

- In contemporary yoga lingo, hatha has come to mean a gentle way of practicing Yoga
- For beginner and mixed levels
- Starts on 12th Sept at 7pm
- Cost €35 for 4 weeks or €10 per session pay as you go.
- To register contact: Debbie at 051 874350 or debbie@stannestennis.com

Programme delivered by Aoife Burke.

KETTLE BELLS PROGRAMME

with Martina Fanning
at St. Anne's Tennis Club



Description:

- A fun full body fitness programme for all levels
- Build your strength and improve your fitness
- Starts 14th Sept at 8pm
- Cost €35 for 4 weeks or €10 per session pay as you go.
- Contact: Debbie at 051 874350 or debbie@stannestennis.com

Programme delivered by Martina Fanning