

No
Charge

Tween & Teen Cardio Tennis



Thursdays commencing 2 March 2023



3.45–4.45pm



7 week program



St Albans East Tennis Club, Errington Reserve, St Albans
Wurundjeri Country



**For female identifying grade/year 6, 7, 8, & 9 students
living or attending school in Brimbank**

Looking to have fun, improve your fitness, and makes some new friends?

Cardio tennis is a safe, friendly, & social way to improve your health and fitness. Get active and have fun on a tennis court with music while doing a mixture of fitness based activities and games.

This is not tennis coaching and no previous tennis training or skills required. The program is for tweens & teens not currently participating in a registered sporting activity.

Each participant receives their very own tennis racket.

For more information or registration details visit <https://brimbankyouth.com/programs> or contact Travis on ☎ **0407 794 276** or email ✉ youthsupport2@brimbank.vic.gov.au



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