

JUNIOR TENNIS for MID-TERM

FEBRUARY 2012

A note from John Brady



Cardio Tennis for adults is the most popular and successful tennis initiative for many years having been launched in the USA in 2005.

This week in Wicklow we are introducing, for the first time in Ireland, the children's version – 'CARDIO TENNIS 4 KIDS.'

Cardio Tennis is a high-energy fun programme designed to keep players active throughout the lesson. It offers a non-intimidating athletic environment for children of all skills levels. Music is used to enhance a fun and energizing atmosphere.

Aerobic exercise has been shown to improve academic performance.

DATES: Monday 13th February to Friday 17th February

1 HOUR SESSIONS: Players attend for one hour per day.

CLASSES: They will be between 11.00am and 3.30pm

FEES: €25 for the five day course – or you can join for a day or a number of days - €5 per day.

TO REGISTER: Phone or text John at 086 259 6965

TO GET YOUR CLASS TIMES: John will text you prior to the first class.

P.S. The weekly classes – Monday, Tuesday and Thursday – will continue as usual at the normal times for this week.