



Holiday Tennis Camps

Teens Cardio

(13-18 year olds)

This is a holiday camp that focuses on cardio tennis - this is a great workout with tennis related live-ball activities all done with background music to keep you pumped! Come down to have a run around and a hit with friends.

Please bring along your own racquet if you have one, otherwise there are limited ones provided.

Fees: \$60

**Dates/Times: 14-17 January 2019 - 10-11am
(18 January wet day makeup)**

SIGN UP CLOSES 7TH JANUARY 2019

To sign up contact Kolie
by email : kolievz@yahoo.com or cell phone 0278293306

ALL PAYMENTS to be paid to: PJ van Zyl 01-0677-0133550-01

Please use your surname as a reference.

