

Cheam Fields Tennis

RUSTY RACKETS



Get back into the swing of tennis!

Rusty Rackets is the perfect course to help you rediscover your love for tennis in a relaxed, supportive environment.

Shake off the rust

Whether you're returning to tennis after a break or looking to improve your skills and build confidence, our friendly coaching sessions will help you get back into the game. No pressure, no judgement - just great tennis, good company, and plenty of fun.

What you'll learn

- Rebuild your core tennis techniques
- Improve your serve, forehand, and backhand
- Develop better movement and positioning
- Learn simple tactics for match play

Who is it for?

- Adults who used to play tennis and want to return
- Beginners who have played a little before
- Players who want to refresh/improve their skills and confidence



Costs and course dates

£50 for 5-week courses consisting of 5 one-hour group lessons on either **Tuesday evenings 7:00-8:00 pm**, or **Friday afternoon 12:00-1:00pm**
5-week courses start **14th/17th April** and **2nd/5th June**

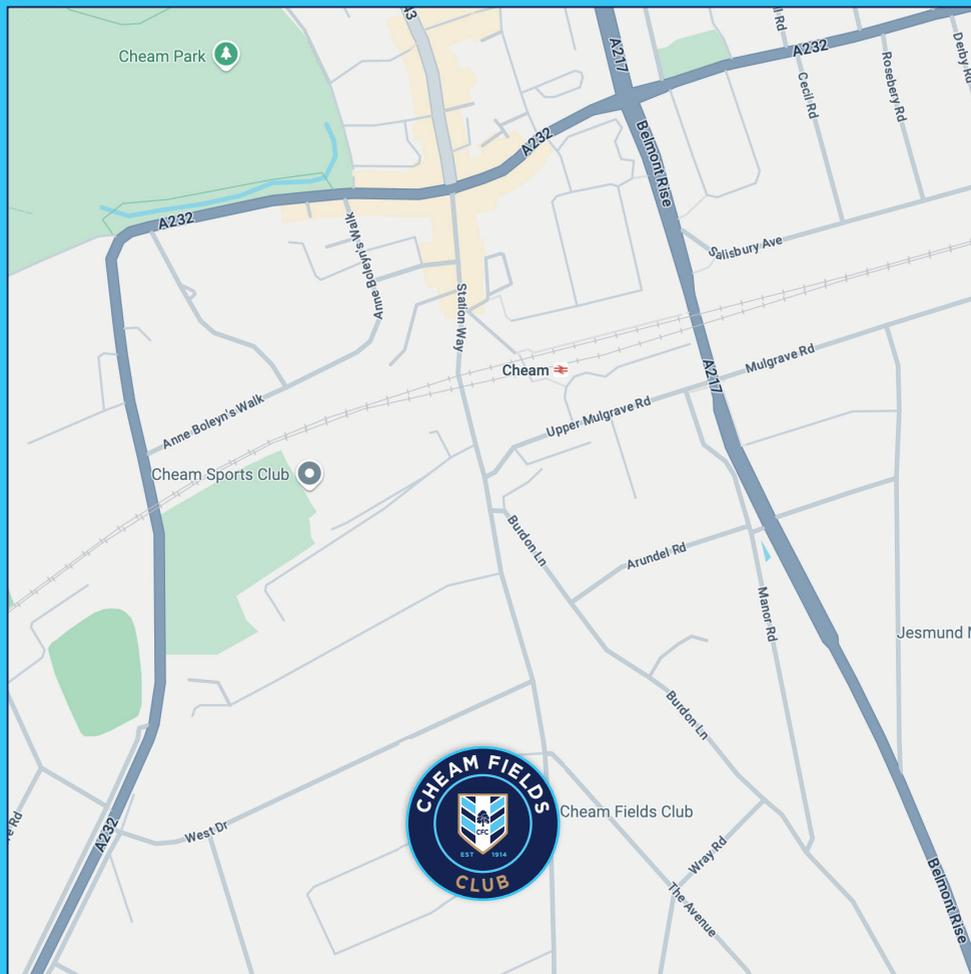
Spaces are limited – book your place today.

Contact tennissecretary.cheamfields@gmail.com to sign up

Find us:

Cheam Fields Club

30 Devon Road, Cheam SM2 7PD



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