

## **Sandra Rider Table Tennis Coaching Sessions**

**Veteran England International, Ex European Gold Medalist and fully qualified UKCC Level 2 Coach**

### **Open Sessions**

**Tuesday:**

**10am-1pm John Charles Centre for Sport, Leeds: Active Life Session Age 50+ which includes swimming, aqua aerobics, gym class, badminton, table tennis, short tennis, tennis and indoor bowling.**

**Wednesday:**

**10:30-12:30 Richmond Hill Sports Centre, Leeds: Adult Session Age 50+**

**Thursday:**

<b>6:30-7:30pm Richmond Hill Sports Centre, Leeds:</b>	<b>Junior Beginners Session</b>
<b>7:30-8:30pm Richmond Hill Sports Centre, Leeds:</b>	<b>Junior Improvers &amp; Adult Beginners/Improvers Session</b>
<b>8:30-9:30pm Richmond Hill Sports Centre, Leeds:</b>	<b>Adult Session</b>

**Please contact Sandra for further details relating to any of the above sessions.**

**Group coaching and individual coaching also available by appointment please telephone to arrange a session.**

**0113 2574368/07778 420348**

**Whether you are a beginner or expert - coaching for all levels of ability.**