

TABLE TENNIS SESSIONS RICHMOND HILL RECREATION CENTRE

COACHES: SANDRA RIDER/REZA RAJABI

THURSDAY

ADULTS 10:30am – 12:30

Active Life Group Age 50+

Coaching is given for beginners through to league level.

THURSDAY

JUNIORS (Age Group 7 – 15)

Beginners & Improvers & Parents 6:30-7:30pm

Advanced Juniors 7:30-8:30pm

Coaching is given for beginners through to advanced levels.
The Butterfly Skills Awards Scheme is used so that
certificates can be achieved for the juniors.

ADULTS (Age Group 16 upwards)

Adult Improvers 7:30- 8:30pm

Coaching is given for beginners through to league level.

Adult Advanced 8:30-9:30pm

For all sessions advice regarding equipment and table
tennis information i.e. clubs, other practice sessions,
exhibitions, tournaments etc will be given freely.
Equipment will be provided by the coach. Trainers must be
worn.

IF YOU REQUIRE FURTHER DETAILS PLEASE TELEPHONE SANDRA
RIDER 0113 2574368/07778 420348