



Introduction to Tennis Classes

ALWAYS WANTED TO PLAY TENNIS? NOW IS THE TIME TO LEARN !

**Join us on Tuesdays from 6:00 TO 7:30 PM for an
Introduction to Tennis class**

**Class run by a professional coach
The course includes 6 sessions (\$30 per session)
Small group environment (5-6 max)**

**Learn the basic strokes
Learn to keep score
Introduction to strategy
Development of technique**

**Did you know that tennis burns more calories in one hour than:
low impact aerobics, stationary bike and weight lifting ?**

**Registration deadline May 23, lessons start end of May
Sign up at reservations@rstlyc.ca**

For more information call Lillian at 514-243-2073 email: lillian.elvir@gmail.com