

Active North Tyneside offer free tennis sessions:

Walking Tennis: Ideal for those new to the sport, returning from injury or just need some extra time while playing.

Mondays, 11am-12pm @ Richardson Dees Park

Family Tennis: A coach-led session, fun for all the family!

Thursdays, 4-5pm @ Richardson Dees Park

Cardio Tennis: Tennis with a fitness class twist, suitable for those aged 16+ and all abilities.

Fridays, 1-2pm and 2-3pm @ Souter Park

Book here:

Richardson Dees - https://bit.ly/3xlzXwv

Souter Park - https://bit.ly/3RX7dAR



tennis | sport | active | physical activity | exercise | fitness

Tennis courts



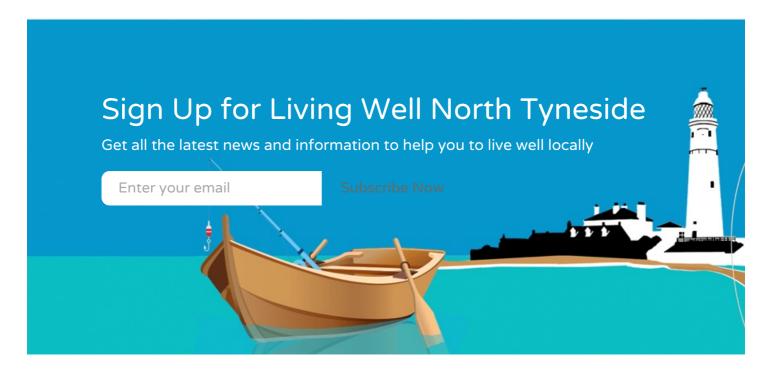
Sport North Tyneside Cobalt Business Park The Silverlink North North Tyneside NE27 0BY



https://my.northtyneside.gov.uk/category/1648/tenniscourts



Last Updated - 20th May 2024



© 2024 Living Well North Tyneside | Web Design: Indigo Newcastle