



# Living Well North Tyneside

Supporting Health and Wellbeing

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](#)

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Tennis courts



0191 643 7447



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



<https://my.northtyneside.gov.uk/category/1648/tennis-courts>



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