

Location: Vicars Moor Lawn Tennis Club, Sherbrook Gardens, Winchmore Hill  
N21 2NU Website: [www.vicarsmoorltc.co.uk](http://www.vicarsmoorltc.co.uk) Email: [rockyafc@hotmail.com](mailto:rockyafc@hotmail.com)  
Call Paul for more details on 07961 282 347 or 020 8449 5560



### Have you thought about playing tennis?

- Join our new Rusty Rackets/Beginners sessions
- Ideal for anyone who is new to tennis
- Ideal for parents who would like to be able to play tennis
- Fun/social tennis clinic
- Each Monday at 8.30-9.30pm
- **First session is FREE then £5 a class and membership required**

I look forward to meeting you, Paul Rock

**Would you like a healthy lifestyle, to have some fun, keep an active mind, and enjoy some quality social time? Well joining the Rusty Rackets Squad is an excellent solution!**

**Everyone will follow a programme to gain fitness, by properly warming up the muscles, body and mind so preventing injuries particularly for those new to tennis. Everyone will be able to play and improve his or her game of tennis very quickly.**

**This squad is for complete beginners and those who have not played for some time.**

**Come and join us!**