



TABLE TENNIS FOR SCHOOL KIDS

— SPRING HOLIDAYS —

- * All equipment is included
- * Coaches hold national accreditation from TTA
- * Open to year 4 and 5 school kids at all skill levels
- * The only grass roots table tennis program in the Illawarra

WHERE

Illawarra Sports Stadium, Berkeley

WHEN

2 week spring vacation from September to October 2020

COST

Free for 1st 4 lessons; \$5 total for last 4 lessons/complete program

PROGRAM LESSONS (1 hour sessions)

Day 1: introduction to the game, the grip and forehand topspin (attack) followed by rec games

Day 2: introduction to the serve, followed by rec games

Day 3: reinforce the grip and forehand topspin and introduce backhand topspin, then rec games

Day 4: reinforce the grip, forehand and backhand topspin; introduce forehand backspin (defence), then rec games

Day 5: reinforce grip, forehand/backhand topspin, forehand backspin, introduce backhand topspin (defence), then rec games

Day 6: serve and rally in pairs followed by rec games

Day 7: introduction to doubles followed by rec games

Day 8: singles round robin

To register or for more information, contact Illawarra Sports Stadium on
(02) 4272 8651 or email admin@illawarrasportsstadium.com.au or visit
illawarrasportsstadium.com.au

