

SANDRA RIDER
COACHING & TT EQUIPMENT
European Gold Medallist, VETTS International
And Level 3 Coach

OPEN SESSIONS AT

THE JOHN CHARLES CENTRE FOR SPORT

TUESDAY 10AM TO 1PM
OVER 50'S ACTIVE LIFE SESSION
Including table tennis, badminton, short tennis, tennis,
indoor bowling, swimming and fitness classes

ARMLEY LEISURE CENTRE
CARR CROFTS
LEEDS LS12 3HB

WEDNESDAY 10:30AM – 1PM
OVER 50'S ACTIVE LIFE SESSION
Including table tennis, badminton, short tennis,
swimming and fitness classes

RICHMOND HILL RECREATION CENTRE
CROSS AYSGARTH MOUNT, OFF PONTEFRACT LANE
LEEDS LS9 9AH

THURSDAY
Over 50's Active Life & Adult Session 10:30-12:30pm

THURSDAY
Junior Beginners Coaching & Adults 6:00-7:30 pm
Junior Improvers & Adults 7:30-9:00pm

Group coaching and individual coaching
available by appointment

Want to update your equipment and need some advice
For discount prices call 0113 2574368 or 07778 420348
Many items in stock - Free catalogue available