

NWDS Tennis Team

Whether you are bringing your Ace Serve or learning to return a ball, NWDS Tennis Team is the right choice for you. Tennis has been described as the sport of a life time and provides a range of different health benefits, such as improving physical fitness, increasing gross motor skills and improving muscle tone. These are just some of these benefits, participants also find themselves increasing their reaction time and flexibility.

Tennis is an incredibly social game; resting and chatting about the big hits (and misses) afterwards is almost just as much fun as the game itself. It doesn't matter what your skills level is; everybody can learn at their own pace.

There have been great achievements made within this team, from hitting the ball like it was a golf club, to improving stroke and even giving serving a whirl.

We will see you at the nets!

