



# OPEN DAY

**SUNDAY 21ST APRIL**

**\*\*\*EXTREMELY LIMITED PARKING, SO WALK or CYCLE IF YOU CAN\*\*\***

**CARDIO TENNIS**

**TASTER SESSION  
1.30pm - 2.00pm**

**10.00AM - 12PM CHILDREN**

**13.30PM - 14.30PM CARDIO TENNIS**

**12.30PM - 2.30PM ADULTS**

**EQUIPMENT AVAILBLE**



**Chapland Road, Lanark ML11 7QL**