

#GIRLSQUAD

FITNESS
WELLNESS
SOCIALISE
INSPIRE



LEARN MORE ABOUT THE NEW WELLNESS
PROGRAM FOR GIRLS AGED 12 - 17
@PAKENHAM REGIONAL TENNIS CENTRE

Cardinia



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#GIRLSQUAD

TENNIS CLASSES FOR GIRLS AGED 12 - 17



FITNESS

GUIDED BY A QUALIFIED FEMALE COACH, PLAYERS LEARN NEW SKILLS AND GET ACTIVE



WELLNESS

YOGA AND MINDFULNESS WORKSHOPS ENCOURAGE HEALTHY MINDSETS ON AND OFF COURT



SOCIALISE

GIRLS CAN MEET NEW FRIENDS OF THE SAME AGE IN THE ALL FEMALE CLASSES



INSPIRE

ENGAGE WITH ONLINE RESOURCES AND INSPIRATION

ABOUT THE PROGRAM

The Pakenham Regional Tennis Centre Female Coaching Program initiative is called #GirlSquad.

This uniquely all female group tennis lessons aims to create a space in which young girls ages 12 – 17 years can build strength, increase confidence, make new friends, and develop lifelong skills.

The classes comprise of a 30-minute coaching session, 15 minutes of social hitting, and 15 minutes of mindfulness practice at the end of class. Additional workshops will be run throughout the term, see the website for details.

KEY INFORMATION

WHEN: Tuesdays 6 PM

COST: \$96 for the 8-week program

WHERE: Pakenham Regional Tennis Centre -
11 11 Webster Way, Pakenham

GET IN CONTACT

WEBSITE: cardinialeisure.com.au/pakenham-regional-tennis-centre

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