



FREE TENNIS COACHING IN SHADOXHURST!

We are delighted to announce that Caroline Laming, a qualified tennis coach and our Parish Clerk is now offering free tennis coaching in the Village Hall.

Shadoxhurst Parish Council has been awarded a Reconnect Locality Grant Award to provide young children the opportunity to learn tennis, together with other ball sports, including indoor football and hockey for **FREE**. Sport is not only fun and social, but it also greatly improves the mental wellbeing of children. It improves physical development, self-esteem, cognitive abilities, coordination, and balance.

Caroline Laming was a Kent County Champion and was ranked no.1 in Kent for 8 years. Despite the age gap, she admits to being proud to share these two achievements with the latest US Open Champion, ranked 19 in the world, Kent player, Emma Raducanu!

With a coaching and playing career of over 35 years, with 2 of these spent playing on a full tennis scholarship for the University of Memphis, Caroline cannot wait to bring her coaching, playing abilities and knowledge to the young children of Shadoxhurst and surrounding areas.

Please contact Caroline at shadoxhurstfreetennis@gmail.com or call 07729 734149.

Location Shadoxhurst Village Hall, Hornash Lane

Starting 21st April 2022

Times Thursday 10am – 10.40am (Preschool Children Ages 3-4)

Thursday 10.45am – 11.25am (Preschool Children Ages 3-4)

Thursday 3.30pm-4.15pm (Ages 5-7)

Thursday 4.15pm-5pm (Ages 5-7)

Cost **FREE!** – all equipment will be provided

Please support this wonderful opportunity and share to your friends and family with children. The more support we have with these sessions, the longer they can run... for FREE!



Shadoxhurst Parish Council

Protecting the Woodland Gateway to the Countryside