



Experience the Joy of Sport



# Adult Tennis Clinics and League

## The greatest way to get fit and improve your game

### WHO WE ARE

Sport for Life is a professional sports coaching company.

We offer a range of sports and activities at schools and health clubs in Shanghai.

Our instructors are international professionals and conduct classes in English. We believe enjoyment is central to learning, so provide a fun and safe environment alongside quality coaching.

For more information, visit [www.sportforlife.com.cn](http://www.sportforlife.com.cn) or contact 021-6282 1762 or [info@sportforlife.com.cn](mailto:info@sportforlife.com.cn)



### One Person, One Tree

For every enrollment we receive in one of our programs, we donate 25RMB to the Jane Goodall Institute's Roots and Shoots program to pay for a tree to be planted in their Million Tree Project in Inner Mongolia. For more details on the program, our commitment and why we chose it, visit our website!



Sport For Life offers you the most extreme tennis clinics in Shanghai!

This program is both a fitness and a technique program, and is simply the best method to get in shape and improve your game at the same time. Using 500 balls in intensive drills and games, we keep you on the move and maximize repetition.



The 3 different levels Beginner, Intermediate and Advanced provide the possibility of attending classes that suit your personal abilities, and with a maximum ratio of 1:6 you are also ensured quality feedback from professional coaches.

You can choose between 3 options:

- A special 8-week package for 1600RMB
- Book in advance for each 2 hour class for 250RMB.
- Simply drop in for 300RMB per class.

**Venue:** Zhangyang Tennis Centre, No.2988 Zhangyang Road, close to Jujiqiao Lu and Yunshan Lu Metro station (5 mins from Dulwich College)



**Group Size:** 2 - 6

**Classtimes:** 10am-12pm Monday to Friday

**Contact:** [adulttennis@sportforlife.com.cn](mailto:adulttennis@sportforlife.com.cn)

### Tennis League

We are also establishing a weekly adult tennis league! For more information, please contact [adult-tennis@sportforlife.com.cn](mailto:adult-tennis@sportforlife.com.cn)