



Club takes aim at cancer with cardio tennis sessions

Melissa Merrett

A TENNIS club has taken up the fight against cancer by serving up support for this year's Whittlesea Relay for Life event.

St Mary's Tennis Club member Rhonda Cadman, with the support of the club's committee and head coach Craig Haslam from The Tennis Guru, is inviting the public to join in the Cardio Tennis and Hotshots afternoon on Saturday, March 15, to help raise funds

for Cancer Council Victoria.

Ms Cadman, who is heading a team at Whittlesea's March 22 relay, said cardio tennis was a growing exercise program that everyone can do.

"The best thing about cardio tennis is you really don't need to know how to play tennis," she said.

"We will have four courts open, three for the cardio tennis and one for the kids to do hotshots."

Two 45-minute sessions will be held at 1pm and 2pm.

Ms Cadman said the event wouldn't be possible without the support of Haslam, who was supporting the event with the donation of five coaches to run the sessions.

Spaces are limited and registrations are essential.

St Mary's Tennis Club is at 58-64 Yando St, Greensborough.

Details: relay.zoic.org



Kenadee, 4, with tennis coach Michael Holloway and Charlotte, 7, are supporting Relay for Life.

Picture: KYLIE ELSE