

# Adult Learning - Course Information Sheet



## SWC2DA01 - Table Tennis For All Abilities

### Weavers Leisure Centre

Weavers Road  
Wellingborough

NN8 3JQ

**Room** Kettering - To Be Confirmed

Start Date: 13 January 2025

End Date: 24 March 2025

Start Time: 7:30PM

End Time: 9:00PM

Day: Monday

Sessions: 10

Tutor: Mr Ian Yarnall

### Course aim

To learn the basics rules and apply them to game situations including singles and doubles.

### Course outcomes

- Be able to play a rally of 10 shots or more using both backhand and forward shots
- Show good technique when serving
- Be able to explain rules when playing both singles and doubles matches

### How will the course be taught?

Practical demonstration, verbal instruction, handouts, discussion, question and answer.

### What do I need to bring / have ready?

Trainers, loose comfortable clothing. Equipment hire is included in the cost of the course

### Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact [alsreferrals@northnorthants.gov.uk](mailto:alsreferrals@northnorthants.gov.uk) or call 01536 535809 (answerphone available). Visit our website <https://www.northnorthants.gov.uk/adult-learning/fees-and-refunds> for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

### Health and Safety / Online Safety

When you enrol, please let us know if you require additional personal support to participate in this course. Your tutor will give you information about Health and Safety on the first day. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06. The completion of the Health Questionnaire is mandatory prior to the start of your course. Please take the completed form to your first session.

### Further Information

No prior knowledge necessary, however everybody is welcome particularly if the basics are required or as a refresher.

For further courses/clubs please visit [www.northamptonshiresport.org/sports](http://www.northamptonshiresport.org/sports)

**Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>**

