

AEROBIC TABLE TENNIS LAUNCH 2014

THE LATEST WORLDWIDE FITNESS ACTIVITY FOR CHILDREN **REGISTER TODAY**



Supported by

TEES SPORT
Specialists in Table Tennis Since 1976



Have Fun **Keep Fit** Learn To Play Table Tennis

We all strive for a well balanced life, but finding that “just right” combination also requires a routine of cardiovascular exercise. Most people are looking for fun workouts that combine aerobic movement, sport, and music. Aerobic Table Tennis (developed by Steve Rowe of England) has seamlessly created this combination with a unique and innovative exercise solution no matter what your gender, age, limitation, or level of expertise in the sport itself.

Aerobic TT is an alternative way to keep fit. Music is played throughout the session to create a high energy zone. The session includes, warm up and stretching, table tennis movement to music, speed agility and quickness exercises, and of course table tennis.

Children from four years of age can join in the sessions, making it an enjoyable fitness activity for both primary and secondary school pupils. The sessions can be girls only, boys only or mixed sessions. Many schools have already successfully introduced Aerobic TT as part of both a well balanced physical education programme and out of school activity. As a progression into table tennis, children are directed to their local table tennis club. This helps to increase club membership.

Aerobic TT is a fun way for children to keep fit and stay healthy. Aerobic TT is proud to be a fitness activity that contributes to children’s health and wellbeing.

Associations, schools and table tennis clubs are invited to register an interest in the Aerobic Table Tennis programme. Having shown an interest in Aerobic TT, you will be kept informed of the date of the launch In 2014.

Aerobic Table Tennis is also looking for instructors to help deliver the programme in many countries. Anyone interested in becoming an instructor please contact us.

REGISTER YOUR INTEREST TODAY, send an email to Steve Rowe steve@aerobictabletennis.com

www.aerobictabletennis.com For more information call 0843 886 1249



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WHAT THE ASSOCIATIONS SAY

Ryan Jenkins, head coach for Table Tennis Wales proclaims,



"Aerobic TT is just what I've been looking for in engaging girls and women into our sport. Having had Steve down to deliver to hundreds of school pupils it actually works and we will work with Aerobic TT closely in the future to help Welsh table tennis and to promote healthy living and female participation. I urge more schools, associations and sports developments to partner with Aerobic TT today!"

"The ETTA is delighted to support Aerobic Table Tennis, which introduces young people to Table Tennis via the use of music and movement. It is a great way of encouraging young people to take up the sport. We wish the programme every success with its launch in 2014."



Phil McCallum (Director Of Performance TT Scotland) commented
" Table Tennis Scotland is delighted to endorse Aerobic Table Tennis. We believe that this innovative project will help inspire many more youngsters into table tennis and sport in general. We look forward to working with Aerobic Table Tennis to see our sport grow "

Patricia Hunter (ITTA CHAIR) commented,

" Irish Table Tennis Association is delighted to endorse Aerobic Table Tennis and its unique approach combining music, table tennis and aerobic fitness- a great way to improve fitness and footwork. We look forward to welcoming Aerobic Table Tennis to Ireland to help grow our sport, and inspire young players to get into the exciting sport of TT!



Mats Hedin (Official For Elite Sports Sweden TTA) commented

"I think aerobic TT is an exciting and new way to experience table tennis, and to make more people enjoy our sport in a different way! This will probably make more people being interested in table tennis. It is also good for the physical training for table tennis players. In this matter we are working hard in Swedish Table Tennis to develop, since many of the players are physically weak."

Lila De Soysa (Development Program Manager) commented

"Aerobics table tennis seems to be really catching on. It aims to get more girls and women involved in our sport and that in itself is an achievement. We need more girls and women active in our sport and aerobics table tennis is a good way to start!"

