



JUDY MURRAY  
FOUNDATION

**BRODIES**<sup>LLP</sup>

# Judy Murray's Back to Tennis with Brodies Summer Holiday Family Fun!

**Here is a gift from Judy Murray to all families for the holidays.**

Judy has created 3 online programmes featuring top Scottish players, juniors and coaches and we are delighted to share these with you and your family in time for the summer holidays.

If you are looking for activities to do as a family, why not learn and play tennis together alongside Andy, Jamie and Judy Murray and many more top role models! The programmes clearly show you how to do all the activities and can be done from home. It is free to download via the Judy Murray Foundation YouTube Channel, link below.



## **Programme 1**

Tennis basics. All you need is a racket and a ball. 20 stations demonstrated by top role models in tennis.

## **Programme 2**

Tennis fitness with a further 20 stations.

## **Programme 3 - Family Tennis**

10 games to do at home to develop the skills needed to play tennis.

We hope you have a lovely summer.  
For more tennis ideas, click on our social media channels here below.



*Judy Murray*