

TRARALGON “KEENAGERS” TABLE TENNIS

History

The name “**Keenagers**” is a generic term used worldwide for over 20 years for a variety of group activities. This particular Keenagers Table Tennis concept was established in November 2001 in Bairnsdale. It was sponsored with finance from Vic Health under the “active for life” program in association with Table Tennis Victoria. (TTV). Traralgon Keenagers was implemented in March 2004 to enhance the programs already offered and organised by the Traralgon Table Tennis Association (TTTA) which has been an integral part of the local sporting community since 1949.

Aim

The aim of the program is to provide our “**over 50’s**” citizens with the opportunity to **participate in non competitive Table Tennis fun. Socialising**, along with **gentle exercise** in a safe and enjoyable environment are the priorities of the program. The Latrobe City focus on **community health and fitness** is also addressed in this activity. The Traralgon Table Tennis Association, is pleased to be able to provide both **excellent facilities** and the opportunity for our more senior residents in the City of Latrobe and the surrounding district to become involved in this popular past time.

Venue

The Traralgon Table Tennis Stadium is located in Davidson St, Traralgon (between the Soccer ground and Harold Preston Park)

Playing Times

Keenager sessions are held on **Monday and Thursday mornings from 9.15am until 11.30am.** A mid-morning break for a “cuppa” provides the opportunity for a relaxing chat with other “Keenagers”. There is no obligation for people to attend each session or even stay for a full session. It is totally flexible to suit individual needs and timeframes.

Fees

A session fee of \$4 per person is required to subsidise the TTTA for the use of the venue and associated utility costs of lighting, heating, cleaning and the provision of morning tea etc.

Skill Levels

This program is not based on particular skills or ability, it is solely for enjoyment and social interaction coupled with light exercise. There is no structured format when participating in Keenagers Table Tennis. **All levels are catered for and beginners are most welcome.** Players who feel they want a more competitive atmosphere might consider our regular senior pennants, which are run throughout the year.

Mode of Play

Most people will probably prefer playing doubles as it is generally more fun with the added bonus of being able to blame your partner if things aren’t going too well!!

Playing singles and/or doubles is an individual choice for all participating players.

The normal rules of Table Tennis apply even though games are **social, fun and non competitive.**

For further information please contact:

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