

ALUMNI PROGRAM

TABLE TENNIS

Weekly Training Sessions in CPAS
Trained by National Coach Goh Chyuan

Here are the top 9 benefits of playing table tennis!

Hand-Eye Coordination.

sharpens up your hand-eye coordination.

Cat Like Reflexes.

A Fun Way to **Lose Weight.**

Boost Your Brain.

Keeps You Focused.

A Great Way to **Make Friends.**

It Helps You Calm Down.

