

Participation Information

Sign up each week for a time-slot at the RCD front desk

Bring a lunch or snack to eat while waiting for a turn
Table Tennis equipment will be provided by RCD



Time: Thursday
12:30 pm - 2:45 pm

For more info:

Tom Tang @ 604-232-2404

Tom@rcdrichmond.org

Location: RCD Activity Room

Richmond Centre for Disability
#842 - 5300, No.3 Rd
Lansdowne Centre
Richmond, BC:
Tel: 604-232-2404
www.rcdrichmond.org

Richmond Centre for Disability



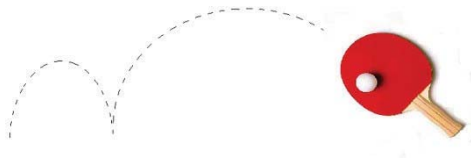
Table Tennis Club

Table Tennis is an Olympic and Paralympics sport that involves the strategic use of body and mind while encouraging good sportsmanship.

Players worldwide have overcome language and ability barriers through the practice of this exhilarating sport.

RCD Table Tennis Club

- Promotes a healthy and active lifestyle
- Allows individuals of all levels of ability to participate
- Enables participants to realize their own potential
- Helps participants gain self-confidence and earn respect from peers
- Promotes social interaction
- Encourages the sharing of equipment, abidance by rules and set schedule
- Promotes good sportsmanship and the Olympic spirit of friendship and fair play
- Allows for teamwork and team spirit in doubles



A Paralympics Table Tennis team in action.

Related Vocabulary

Rally: period lasting from when the ball is first hit until a team fails to return the ball

Let: a rally in which neither team scores

Point: a rally in which one team scores

Racket hand: the hand carrying the racket

Free hand: the hand that isn't carrying the racket

Server: the player who hits the ball first in a rally

Receiver: the player who hits the ball next, after the server